

ATHLETIC NUTRITION

AEROBIC/ENDURANCE TRAINING

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Amino Quick Sorb	-	-	-	20 gtt	-	-
Stamina Caps	-	-	-	3-6	-	-
Bio-Multi Plus	1	1	1	-	-	-
BioProtect	2	-	-	2	2	-
ChondroSamine Plus (or S)	1-2	1-2	1-2	-	-	-

WEIGHT TRAINING

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Bio-Anabolic Pak	-	-	-	1	-	-
Gammanol Forte	-	-	-	2	2	2
Amino Sport	-	-	-	2	2	-
Bio-Multi Plus	1	1	1	-	-	-

INTENSE WEIGHT TRAINING - Male

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Bio-Anabolic Pak	-	-	-	1	-	-
Amino Sport	-	-	-	3-5	3-5	-
Cytozyme-Orchic	1	-	1	-	-	-
Gammanol Forte	-	-	-	3-4	3-4	3-4
b-Vital	2	-	2	-	1	-
Bio-Multi Plus	1-2	1-2	1-2	-	-	-
ChondroSamine Plus (or S)	2	2	2	-	-	-

WEIGHT TRAINING - Female

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Bio-Anabolic Pak	-	-	-	1	-	-
Amino Sport	-	-	-	1-3	1-3	-
Gammanol Forte	-	-	-	1-3	1-3	1-3
Equi-Fem	1-2	1-2	1-2	-	-	-
For intensive training add:						
b-Vital	1	-	1	-	-	-
ChondroSamine Plus (or S)	1-2	1-2	1-2	-	-	-

OLYMPIC & POWERLIFTING - Men

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Bio-Multi Plus	1-2	1-2	1-2	-	-	-
Amino Sport	-	-	-	3-4	3-4	3-4
Neonatal Multi-Gland	2	2	2	-	-	-
Gammanol Forte	-	-	-	3-4	3-4	3-4
Cytozyme-Orchic	1	-	1	-	-	-
ChondroSamine Plus (or S)	3	3	3	-	-	-
b-Vital	2	-	2	-	-	-
Stamina Caps	-	-	3	-	-	-

OLYMPIC & POWERLIFTING - Women

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Equi-Fem	2	2	2	-	-	-
Amino Sport	-	-	-	3	3	-
Neonatal Multi-Gland	2	2	2	-	-	-
Gammanol Forte	-	-	-	2	2	2
ChondroSamine Plus (or S)	-	-	-	2	-	-
b-Vital	1	-	1	-	-	-
Stamina Caps	-	-	3	-	-	-

COURT & SKILL SPORTS

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Bio-Anabolic Pak	-	-	-	1	-	-
ChondroSamine Plus (or S)	1-2	1-2	1-2	-	-	-
Stamina Caps	-	-	-	3-6	-	-
Intenzyme Forte or Bromelain Plus	-	-	-	5	5	-
Bio-Multi Plus	-	1	1	-	-	-
Amino Quick Sorb	-	-	-	20 gtt	-	-

MUSCULOSKELETAL SYSTEM SUPPORT

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bedtime
Bio-Musculo. Pak or Rehab. Support Pak	1	-	1	-	-	-
ChondroSamine Plus (or S)	1-2	1-2	1-2	-	-	-
Intenzyme Forte or Bromelain Plus	5 three times a day, before or three hours after meals.					
BioProtect	1-2	1-2	1-2	-	-	-

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