

## Foundational Supplements:

- **Active MV** – take one tablet twice daily with morning and evening meal
- **SuperiorAntioxidant** – take one daily anytime with a meal

## As Needed:

- **FirstString** for endurance athletes or **WheySmooth** to control calories
  - Use as directed to make sure you get ~1 g of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 4+ times daily
  - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- **SuperCalcium+** – use if not consuming 1,000-1,200 mg of calcium from food (approximately three servings of calcium rich foods; dotFIT Protein powders have ~150-200 mg of calcium per serving)
  - Females take one or two daily with meals; if you need to take two, take one with morning meal and the second with evening meal; Males take one only if necessary, with food
- **SuperOmega 3 Fish Oil** - take one daily with meal if not consuming 8 ounces/week of fatty fish
- **JointFlexibilityPlus™** - take one to two in the morning and repeat in the evening for injury or age-related joint discomfort
- **UltraProbiotic** – take one daily with meal

## Meal Timing

- If feasible, eat every 4 hours
- Consume a large pre-training/event meal 2-3 hours before training
- Consume large post meal ~30-60 minutes after last post workout shake/supplement

## Early Morning Training

- Eat a large pre-training type meal the night before
- Consume only the pre-workout snack/shake and AminoBoostXXL before training (as shown below) and follow workout day supplement schedule

## Tournament Play (multiple events)

- <1.5-hour break: use bars and hydration/electrolyte recovery drink
- 1.5-2.5-hour break: consume small pre-training-type meal
- >2.5-hour break: consume normal pre-training meal

## Fluid Recommendations\*

- Drink 16 oz two hours before activity and an extra 8-16 oz one hour before activity on hot/humid days
- Drink 4-8 oz every 20 minutes during activity
- Drink 20 oz for every pound of weight loss post-activity

\*Use electrolyte formula (e.g. Gatorade) and water as directed

## Endurance Competitor Supplement Stack

Week	AminoBoostXXL (workout days)	FirstString or WheySmooth (to control calories)	MuscleDefender	WorkoutExtreme*
1+	<ul style="list-style-type: none"> <li>1 scoop 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<ul style="list-style-type: none"> <li>1.5 scoops 30-40 minutes before workout</li> <li>1.5 scoops 30-40 minutes after workout</li> </ul>		
6 weeks before competition	<ul style="list-style-type: none"> <li>1 scoop 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<ul style="list-style-type: none"> <li>1.5 scoops 30-40 minutes before workout</li> <li>1.5 scoops 30-40 minutes after workout</li> </ul>	<ul style="list-style-type: none"> <li>1 scoop before workout</li> <li>1 scoop immediately after workout</li> <li>1 scoop before bed</li> <li>May mix with AminoBoostXXL</li> </ul> <p>Non-workout days:</p> <ul style="list-style-type: none"> <li>1 scoop in the morning</li> <li>1 scoop in the evening</li> </ul>	<p>Every other training day:</p> <ul style="list-style-type: none"> <li>5 capsules 40-60 minutes before workout (total caffeine 350mg)</li> <li>Start with 2 capsules if caffeine sensitive and adjust as needed</li> <li>Do not take other stimulants within 4 hours</li> </ul> <p>Discontinue 5 days before competition</p> <p>On competition day, take dosage as described above (5 capsules 40-60 minutes before activity, totaling 350 mg of caffeine)</p>

\*WorkoutExtreme – One serving is 5 capsules which supply 350 mg of caffeine. As noted, adjust as needed based on caffeine sensitivity.