

## Foundational Supplements:

- **ActiveMV** – take one tablet twice daily with morning and evening meal.
- **SuperiorAntioxidant** – take one daily anytime with a meal
- **FirstString or Pre/Post Formula or WheySmooth** (based on daily calorie needs)
  - Take two (2) scoops 30-45 minutes before workout or use favorite dotFIT® bar for convenience
  - Take two (2) scoops 20-30 minutes after post workout AminoFormula dose.
  - Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet daily needs.
  - Be sure to ingest ~1 gram of protein per pound of LBM (or weight if not overweight) daily from all sources including food. Ideally, divide protein into at least 4 meals/day along with pre/post shakes (the pre/post combined generally supply 50-80 grams of daily protein goal)

### As Needed:

- **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.
- **JointFlexPlus™** - take one to two in the morning and repeat in the evening for injury or age-related joint discomfort.

## 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 AminoFormula before training (as described) and follow workout day supplement schedule.

### Tournament Play (multiple game/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

## Adult Gainz & Performance **Stack 1: AminoFormula + Creatine Monohydrate + ExtremeCreatineXXXL**

Week	AminoFormula (workout days only)	CreatineMonohydrate*	ExtremeCreatineXXXL**
1	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>		
2	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Loading phase:</p> <ul style="list-style-type: none"> <li>1 scoop with 4-8 oz. of fluid and some carbohydrate-containing and/or protein-containing meal/drink 4 times a day for first 5 days (20 g/day total)</li> <li>2 of the servings to be taken before and after workouts</li> </ul> <p>After first 5 days:</p> <ul style="list-style-type: none"> <li>1 scoop daily with post workout shake (FirstString or Pre/Post Workout shake)</li> <li>1 scoop with a meal on non-workout days</li> </ul>	<p>Begin on 6<sup>th</sup> day:</p> <ul style="list-style-type: none"> <li>Workout days <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal (~2-3 hours prior to workout) or with shake for early morning workouts</li> <li>1 scoop with any other meal or shake when not taking CreatineMonohydrate</li> </ul> </li> <li>Non-workout days <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake and 1 scoop with evening meal or shake, separate from meals with CreatineMonohydrate for even distribution</li> </ul> </li> </ul>
3 and beyond	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with post-workout shake</li> </ul> <p>Non-workout days to maintain stores:</p> <ul style="list-style-type: none"> <li>1 scoop with a meal on non-training days</li> </ul>	<ul style="list-style-type: none"> <li>Workout days <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal (~2-3 hours prior to workout) or shake for early morning workouts</li> <li>1 scoop with any other meal or shake when not taking CreatineMonohydrate</li> </ul> </li> <li>Non-workout days <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake and 1 scoop with evening meal separate from meals with CreatineMonohydrate</li> </ul> </li> </ul>

\*CreatineMonohydrate – One (1) scoop supplies 5 g

\*\*ExtremeCreatineXXXL – two (2) scoops supply 3.2 g of beta-alanine, 5 g of creatine monohydrate and 7 g of L-glutamine

\*Total daily creatine during the 5-day loading phase is 20 g/d and 10 g/d thereafter. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with carbohydrate and/or protein containing meals or shakes. Beta-alanine content is 3.2 g/d throughout the supplemented period once starting ExtremeCreatineXXXL

## Adult Gainz & Performance **Stack 2: AminoFormula + CreatineMonohydrate + NO7Rage**

Week	AminoFormula (workout days only)	CreatineMonohydrate*	NO7Rage** (workout days only)
1	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>		
2	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Loading phase:</p> <ul style="list-style-type: none"> <li>1 scoop with 4-8 oz. of fluid and some carbohydrate-containing and/or protein-containing meal/drink 4 times a day for first 5 days (20 g/day total)</li> <li>2 of the servings to be taken before and after workouts</li> </ul> <p>After first 5 days:</p> <ul style="list-style-type: none"> <li>1 scoop daily with post workout shake (FirstString or Pre/Post Workout shake)</li> <li>1 scoop with a meal on non-workout days</li> </ul>	
3 and beyond	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop anytime with meal or shake</li> </ul> <p>Non-workout days to maintain stores:</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal</li> <li>1 scoop with evening meal</li> </ul>	<ul style="list-style-type: none"> <li>1-2.5 scoops ~10 minutes before workout, depending on weight and caffeine sensitivity (one scoop contains 175 mg of caffeine)</li> <li>May mix with AminoFormula</li> </ul>

\*Dosing by body weight for CreatineMonohydrate:

- Loading phase 0.14 g/lb/day split into four (4) daily intakes, followed by a maintenance phase dose of .04 g/lb/d for the duration of the supplementation period
- One (1) scoop supplies 5 g

\*\* NO7 Rage - One (1) scoop contains 2.5 g of creatine monohydrate and 1 g of beta-alanine

Total daily creatine intake for the first 5 days is 20 g/d (plus 2.5-5 g from NO7 on training days). During the maintenance phase on workout days the total is 12.5-15 g and 10 g on non-workout days. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with carbohydrate and/or protein containing meals or shakes.

## Adult Gainz & Performance **Stack 3: AminoFormula+ ExtremeCreatineXXXL + NO7Rage**

Week	AminoFormula (workout days only)	ExtremeCreatineXXXL*	NO7Rage** (workout days only)
1	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>		
2	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Workout days</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake (FirstString or Pre/Post Workout shake or WheySmooth)</li> <li>1 scoop anytime with meal or shake</li> </ul> <p>Non-workout days</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal</li> <li>1 scoop with evening meal</li> </ul>	
3 and beyond	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Workout days</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop anytime with meal or shake</li> </ul> <p>Non-workout days</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal</li> <li>1 scoop with evening meal</li> </ul>	<ul style="list-style-type: none"> <li>1-2.5 scoops ~10 minutes before workout, depending on weight and caffeine sensitivity (one scoop contains 175 mg of caffeine)</li> <li>May mix with AminoFormula</li> </ul>

\*ExtremeCreatineXXXL – two (2) scoops supply 3.2 g of beta-alanine, 5 g of creatine monohydrate and 7 g of L-glutamine

\*\*NO7Rage – one (1) scoop contains 2.5 g of creatine monohydrate and 1 g of beta-alanine

Total daily creatine for this stack: 5 g/d. At third week and beyond total creatine will be 7.5-12.5 g on workout days and 5 g on non-workout days. Total beta alanine intake is 5.2 g on workout days (two (2) scoops NO7Rage) and 3.2 g on non-workout days. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with carbohydrates and/or protein.

## Adult Gainz & Performance **Ultimate Stack**: AminoFormula + CreatineMonohydrate + ExtremeCreatineXXXL + NO7Rage

Week	AminoFormula (workout days only)	CreatineMonohydrate	ExtremeCreatineXXXL	NO7Rage (workout days only)
1	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>			
2	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<p>Loading phase:</p> <ul style="list-style-type: none"> <li>1 scoop with 4-8 oz. of fluid and carbohydrate containing meal or shake (FirstString or Pre/Post Workout shake or WheySmooth) 4 times a day for first 5 days.</li> <li>2 of the servings to be taken before and after workouts.</li> </ul> <p>After first 5 days:</p> <ul style="list-style-type: none"> <li>1 scoop daily with post-workout shake</li> </ul>	<p>Beginning on sixth day:</p> <ul style="list-style-type: none"> <li>Workout days: <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop anytime with meal or shake</li> </ul> </li> <li>Non-workout days: <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake</li> <li>1 scoop with evening meal or shake, separate from meals with Creatine Monohydrate for even distribution</li> </ul> </li> </ul>	
3	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<ul style="list-style-type: none"> <li>1 scoop daily with post-workout shake</li> <li>1 scoop with a meal on non-training days</li> </ul>	<p>Workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop anytime with meal or shake</li> </ul> <p>Non-workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake</li> <li>1 scoop with evening shake, separate from meals with Creatine Monohydrate</li> </ul>	
4 and beyond	<ul style="list-style-type: none"> <li>1.5 scoops 10 minutes before workout</li> <li>1 scoop immediately after workout</li> </ul>	<ul style="list-style-type: none"> <li>1 scoop daily with post-workout shake</li> <li>1 scoop with a meal on non-training days</li> </ul>	<p>Workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with pre-workout meal or shake</li> <li>1 scoop any time with meal or shake</li> </ul> <p>Non-workout days:</p> <ul style="list-style-type: none"> <li>1 scoop with morning meal or shake</li> <li>1 scoop with evening shake, separate from meals with Creatine Monohydrate</li> </ul>	<ul style="list-style-type: none"> <li>1-2.5 scoops ~10 minutes before workout, depending on weight and caffeine sensitivity (one scoop contains 175 mg of caffeine). May mix with AminoFormula</li> </ul>

Total daily creatine for this plan: Loading phase is 20 g/d. Thereafter until fourth week the total is 10 g/d. At fourth week on workout days, total is 12.5-15 g and 10 g on non-workout days. Total beta-alanine intake is 5.2 g/day on workout days (two (2) scoops NO7Rage) and 3.2 g on non-workout days. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with carbohydrates and/or protein.