

BodyBuilding Competitive Athlete Supplement Stack

ActiveMV
SuperOmega-3
AminoBoostXXL
WheySmooth

NO7Rage
CreatineXXL
MuscleDefender
LeanPak90*

How to Use the Bodybuilding Stack

ActiveMV: Multivitamin mineral formula

- Take 2 daily: 1 immediately following first large meal, and 1 following the last large meal of day

SuperOmega-3

- Take 1 daily with large meal if not consuming 2-4 svgs/wk of fatty fish

AminoBoostXXL

- Pre-Workout: Take 1-2 scoops ~10min before workout. May continue to drink during first 20min of workout
- Post-Workout: Take 2 scoops immediately following workout

WheySmooth (substitute FirstString within allowed daily calories for more active athletes)

- Pre-Workout: Take 2 scoops 30-45min before workout or use favorite dotFIT® bar for convenience
- Post-Workout: Take 2 scoops 20-30min after post-workout AminoBoostXXL dose
- Use anytime throughout the day to add protein as needed, but stay within calorie allotment

NO7Rage

- Take 1-2.5 scoops (depending caffeine sensitivity – start with 1 and move to 2) ~10min before workout
- May mix with Pre-Workout AminoBoostXXL and continue to consume during initial 20min of workout

CreatineXXL

- Workout Days: 8 capsules with post-workout WheySmooth shake, and split another 8 capsules (e.g. 4 & 4) evenly throughout the day with carbohydrate containing meals
- Non-workout Days: 16 capsules split throughout the day with meals (e.g. 8 with breakfast and 8 with dinner)
- For best results, always take with a meal or shake containing carbohydrates

Muscle Defender (Glutamine)

- Conditional: In final weeks you may add MuscleDefender (glutamine) to help maintain health, immune function and recovery during prolonged caloric restriction and/or high intensity and high volume training
- Take 8gms (one scoop) twice daily, 1 scoop in the morning and 1 scoop in the evening

LeanPak90 (FatRelease, CarbRepel and ThermAccel)

- If necessary to aid in fat loss, add LeanPak90 and use as directed, or all 3 products simultaneously for aggressive support. *When using ThermAccel do not use within 4 hours of NO7Rage due to caffeine content