

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

*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"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | | |
| 2 | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <p>Loading phase:</p> <ul style="list-style-type: none"> 1 scoop with 4-8 oz. of fluid and carbohydrate containing meal/drink 4 times a day for first 5 days (20 g/day total) 2 of the servings to be taken before and after workouts <p>After first 5 days:</p> <ul style="list-style-type: none"> 1 scoop daily with post workout shake (FirstString or Pre/Post Workout shake) 1 scoop with a meal on non-workout days | |
| 3 and beyond | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <p>Workout days:</p> <ul style="list-style-type: none"> 1 scoop with pre-workout meal or shake 1 scoop anytime with meal or shake <p>Non-workout days to maintain stores:</p> <ul style="list-style-type: none"> 1 scoop with morning meal 1 scoop with evening meal | <ul style="list-style-type: none"> 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 |

*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"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | | |
| 2 | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <p>Workout days</p> <ul style="list-style-type: none"> 1 scoop with pre-workout meal or shake (FirstString or Pre/Post Workout shake or WheySmooth) 1 scoop anytime with meal or shake <p>Non-workout days</p> <ul style="list-style-type: none"> 1 scoop with morning meal 1 scoop with evening meal | |
| 3 and beyond | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <p>Workout days</p> <ul style="list-style-type: none"> 1 scoop with pre-workout meal or shake 1 scoop anytime with meal or shake <p>Non-workout days</p> <ul style="list-style-type: none"> 1 scoop with morning meal 1 scoop with evening meal | <ul style="list-style-type: none"> 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 |

*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"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | | | |
| 2 | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <p>Loading phase:</p> <ul style="list-style-type: none"> 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. 2 of the servings to be taken before and after workouts. <p>After first 5 days:</p> <ul style="list-style-type: none"> 1 scoop daily with post-workout shake | <p>Beginning on sixth day:</p> <ul style="list-style-type: none"> Workout days: <ul style="list-style-type: none"> 1 scoop with pre-workout meal or shake 1 scoop anytime with meal or shake Non-workout days: <ul style="list-style-type: none"> 1 scoop with morning meal or shake 1 scoop with evening meal or shake, separate from meals with Creatine Monohydrate for even distribution | |
| 3 | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <ul style="list-style-type: none"> 1 scoop daily with post-workout shake 1 scoop with a meal on non-training days | <p>Workout days:</p> <ul style="list-style-type: none"> 1 scoop with pre-workout meal or shake 1 scoop anytime with meal or shake <p>Non-workout days:</p> <ul style="list-style-type: none"> 1 scoop with morning meal or shake 1 scoop with evening shake, separate from meals with Creatine Monohydrate | |
| 4 and beyond | <ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout | <ul style="list-style-type: none"> 1 scoop daily with post-workout shake 1 scoop with a meal on non-training days | <p>Workout days:</p> <ul style="list-style-type: none"> 1 scoop with pre-workout meal or shake 1 scoop any time with meal or shake <p>Non-workout days:</p> <ul style="list-style-type: none"> 1 scoop with morning meal or shake 1 scoop with evening shake, separate from meals with Creatine Monohydrate | <ul style="list-style-type: none"> 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 |

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.