

Foundational Supplements:

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