

Example Supplement Plan

30 Minutes before every meal 1 scoop of Vitamin C Plus and 10 grams of Glutamine

Breakfast

Take 1/4 teaspoon of ReMag in glass of water

1 Multi Vit/Mineral Without Iron

1 Optimised Chromium

3 Fish Oil Capsules

3 Krill Oil Capsules

1 X Vitamin D & K

4 Creatine Capsules

3 Estro

2 Epicatchin

2 Digestive Enzymes

Lunch

Take 1/4 teaspoon of ReMag in glass of water

3 Fish Oil Capsules

3 Krill Oil Capsules

1 X Vitamin D & K

1 Optimised Chromium

2 Digestive Enzymes

Evening Meal

Take 1/4 teaspoon of ReMag in glass of water

1 Multi Vit/Mineral Without Iron

1 X Vitamin D & K

1 Optimised Chromium

3 Fish Oil Capsules

3 Krill Oil Capsules

2 Digestive Enzymes

30 - 60 mins Bedtime

4 Magnesium Bisglycinate

3 mg Melatonin

1 gm Vitamin C

1 Scoop of amino work capacity and consumed during and after training in 1 litre of water or train fasted.

If training session was brutal and you are training again later that day take 1 scoop Anabolic Drive.