

**PRODUCTS**

**MODERATE**

**INTENSE**

**EXTREME**

**DAILY**  
(NO WORKOUT)

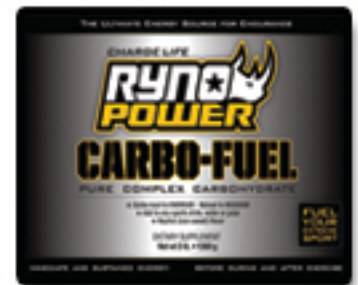


- 2 scoops in shake or drink after

- 1 scoop in shake or drink before, 2 scoops after

- 1 scoop in shake or drink before  
- 2 scoops in shake or drink after

- 2 scoops with breakfast to control hunger



- 1 1/2 scoops in shake or drink before

- 1 1/2 scoops in shake or drink before  
- 1 scoop in shake or drink after

- 2 scoops in shake or drink before  
- 2 scoops in shake or drink after

- 1 scoop with breakfast to control hunger

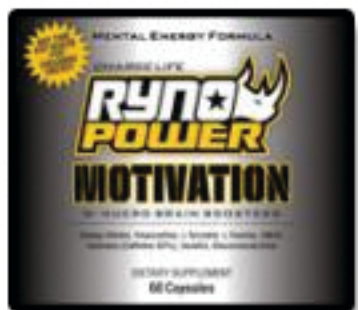


- 3 capsules before  
- 3 capsules after

- 4 capsules before  
- 4 capsules after

- 4 capsules before  
- 4 capsules after  
- 4 capsules before bed

- 2 capsules before bed



- 1 capsule approx one hour before

- 2 capsules approx one hour before

- 2 capsules approx one hour before

- 1 capsules in the morning instead of coffee or energy drink



- Not necessary

- 3 capsules before event

- 4 capsules before event

- Not necessary



- 2 capsules within two hours on hot days

- 2 capsules per hour of activity

- 2 capsules with water the night before  
- 2 capsules per hour of activity

- Not necessary