



Boot Camp Timeline (No MNS or Slim version)

Upon Waking (30 - 45 minutes before boot camp):	Take O2 Gold™	Crush caplets and take with water	O2 GOLD™ supplement's powerful ingredients enhance your body's use of oxygen, supporting peak performance and endurance at any activity level.* The unique blend of proteins, adaptogens and herbal extracts increases oxygenation to your cells and helps the body adapt to stress.*
	As you walk out the door:	Mix 1 Pouch of Muscle Fuel™ with water.	Muscle Fuel™ pre-workout drink mix is a powerful, one-of-a-kind performance product that helps energize your muscles and maximize your workout.* This patent-pending proprietary drink mix supports your muscle's metabolism so that you can work out harder and longer.* You'll feel the difference with the enhanced physical performance and endurance during your workout, and you'll notice the effects from better recovery and muscle gain after your workout.* Let the unique formulation of L-carnitine, creatine, L-arginine, D-ribose and 20 other nutrients take your conditioning to the next level.
		Take 3 CATALYST .	CATALYST supplement works by providing a blend of essential amino acids to supply your body with the muscle-building components it needs.* By sustaining your muscles during exercise or reduced caloric intake, CATALYST supplement helps reduce fat, retain muscle and leaves your body more toned and better defined.*
During Workout:	Drink Rehydrate		Rehydrate Electrolyte Replacement Drink provides the necessary nutrients to maintain proper metabolism and delay the onset of fatigue. It hydrates your body by re-establishing your electrolyte balance with its superior formulation. Unlike other sports drinks, Rehydrate Electrolyte Replacement Drink includes the antioxidants, carbohydrates and other nutrients that effectively promote optimal hydration and recovery.*
Immediately after Workout:	Mix .5 - 1 Pouch of Post-Workout Recovery with water.		Post-workout recovery is a great source of over 30 vitamins, minerals and other nutrients that supports your muscles' metabolic processes in recovery and aids in lessening occasional soreness after workouts. The faster and more effectively you can recover, the more potential you have for muscle growth. Post-Workout Recovery is the best solution for fighting the aches and pains of working out. *
With Breakfast or Lunch:	Take 3 CorePlex® with food.		Each serving of CorePlex® supplement provides 36 vitamins, minerals and nutrients in a highly absorbable form so you can enjoy the advantages of complete core nutrition.
	Take 2 OmegaPlex® with food.		Over the past decade, the awareness and popularity of omega-3 fatty acids as a component of sound nutrition has increased significantly. Omega-3s are essential for a multitude of biological and physiological functions, including proper brain development, strengthened immune and cardiovascular systems and healthier skin and hair. OmegaPlex® supplement is a blend of omega-3 fatty acids that's high in purity and effectiveness.
	Take 2 Calcium Plus with food.		Calcium Plus delivers two types of highly absorbable calcium, combined with other minerals, vitamins, and botanicals. Because Calcium Plus is an excellent source of magnesium, zinc, and manganese, your bones receive comprehensive support.* Calcium Plus also contains the right amount of vitamin D so that you receive optimal absorption of the calcium you consume.* Calcium Plus stands out from the competition with its chelated minerals to provide enhanced absorption to give your body the optimal results.
Between Lunch and dinner:	Take 3 CATALYST .		CATALYST supplement works by providing a blend of essential amino acids to supply your body with the muscle-building components it needs.* By sustaining your muscles during exercise or reduced caloric intake, CATALYST supplement helps reduce fat, retain muscle and leaves your body more toned and better defined.*
At Dinner:	Take 2 Calcium Plus with food.		Calcium Plus delivers two types of highly absorbable calcium, combined with other minerals, vitamins, and botanicals. Because Calcium Plus is an excellent source of magnesium, zinc, and manganese, your bones receive comprehensive support.* Calcium Plus also contains the right amount of vitamin D so that you receive optimal absorption of the calcium you consume.* Calcium Plus stands out from the competition with its chelated minerals to provide enhanced absorption to give your body the optimal results.
		Take 2 OmegaPlex® with food.	Over the past decade, the awareness and popularity of omega-3 fatty acids as a component of sound nutrition has increased significantly. Omega-3s are essential for a multitude of biological and physiological functions, including proper brain development, strengthened immune and cardiovascular systems and healthier skin and hair. OmegaPlex® supplement is a blend of omega-3 fatty acids that's high in purity and effectiveness.
At bed time:	Take Nighttime Recovery (see bottle for recommendations)		To enhance the benefit of your body's natural processes, Nighttime Recovery supplement incorporates a unique combination of adaptogens and other nutrients from around the world to allow your body to more effectively respond to the demands of physical activity.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.