



## ATHLETIC WEIGHT GAIN Consumption Instructions

BREAKFAST	60-90 MINUTES PRIOR TO WORKOUT	15 -30 MINUTES PRIOR TO WORKOUT	WITHIN 30-MIN. OF COMPLETION OF WORKOUT	MID-AFTERNOON/DINNER	BEDTIME
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>MUSCLE GAIN</b> – Consume contents of one packet with breakfast of choice or mixed with AdvoCare <b>MEAL REPLACEMENT SHAKE</b>.</li> <li><input type="checkbox"/> <b>MEAL REPLACEMENT SHAKE</b> Mix contents of Meal Replacement Shake with 8-10 oz. <u>very cold</u> water.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>MUSCLE STRENGTH</b> – Consume 3 capsules.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>CATALYST</b> – Consume 3 capsules.</li> <li><input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water.</li> </ul> <p style="text-align: center;"><b>BONUS: FOR HIGHER ACHIEVEMENT PERFORMANCE USERS</b></p> <p style="text-align: center;">↓</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Muscle Fuel</b> – Consume 1 packet with favorite beverage or water.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>POST-WORKOUT RECOVERY</b> – Consume 1 packet mixed with water.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>MUSCLE GAIN</b> – Consume contents of one packet with dinner of choice.</li> <li><input type="checkbox"/> <b>COREPLEX</b> - Consume 3 tablets.</li> <li><input type="checkbox"/> <b>OMEGAPLEX</b>- Consume 3 gel tablets.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>NIGHTTIME RECOVERY</b> –</li> </ul> <p style="text-align: center;"><b>NOTE: 18 years and older.</b></p> <p style="text-align: center;">Consume appropriate number of caplets according to product label right before bedtime.</p>