



ATHLETIC NUTRITION

RELATED CONDITIONS

- Aerobic endurance training
- Weight training
- Intense weight training (male)
- Intense weight training (female)
- Olympic and powerlifting (men)
- Olympic and powerlifting (female)
- Skill sports, court, track and field
- Musculoskeletal Rehabilitation Support
- Shin Splints

For specific nutrients to enhance athletes' cardiovascular and musculoskeletal function, consider the following protocols:

SUPPLEMENTAL SUPPORT

AEROBIC ENDURANCE TRAINING

Amino Quick-Sorb	2-3 squirts before or during exercise
Stamina Caps	3-6 capsules before exercise
Bio-Multi Plus	1 tablet per meal
BioProtect	2 tablets at breakfast, 2 tablets before and after exercise
ChondroSamine Plus	1-2 capsules per meal

WEIGHT TRAINING

Bio-Anabolic Packs	1 pack before exercise
Gammanol Forte	2 tablets before and after exercise, 2 tablets before bedtime
Amino Sport	2 capsules before and after exercise
Bio-Multi Plus	1 tablet per meal

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INTENSE WEIGHT TRAINING (MALE)

Bio-Anabolic Packs	1 pack before exercise
Amino sport	3-5 capsules before and after exercise
Gammanol Forte	3-4 tablets before and after exercise, 3 to 4 tablets at bedtime
Cytozyme-Orchic	1 tablet twice daily with meals
B-VITAL	2 capsules twice daily with meals
Bio-Multi Plus	1-2 tablets per meal
ChondroSamine Plus	2 capsules per meal

INTENSE WEIGHT TRAINING (FEMALE)

Bio-Anabolic Pak	1 pack before exercise
Amino sport	1-3 tablets before exercise and after exercise
Gammanol Forte	1-3 capsules before and after exercise, one to three capsules at bedtime
Equi-Fem	1-2 tablets per meal
ChondroSamine Plus	1-2 capsules per meal

For intense training, add:

B-VITAL	1 capsule twice daily with meals
Equi-Fem	additional 2 with b-VITAL

OLYMPIC AND POWERLIFTING (MEN)

Bio-Multi Plus	1-2 tablets per meal
Amino Sport	3-4 capsules before and after exercise, 3 to 4 capsules at bedtime
Neonatal Multi-Gland	2 tablets per meal
Gammanol Forte	3- 4 tablets before and after exercise; 3-4 tablets at bedtime
Cytozyme-Orchic	1 tablets twice daily with meals
ChondroSamine Plus	3 capsules per meal
B-VITAL	2 capsules twice daily with meals
Stamina Caps	3-6 capsules before exercise

OLYMPIC AND POWERLIFTING (WOMEN)

Equi-Fem	2 tablets per meal
Amino Sport	3-4 capsules before and after exercise, and 3 to 4 at bedtime
Neonatal Multi-Gland	2 tablets per meal

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Gammanol Forte	2-3 tablets before and after exercise, and 2 to 3 tablets at bedtime
ChondroSamine Plus	1-2 capsules per meal
B-VITAL	1 capsule twice daily with meals
Stamina Caps	3-4 capsules before exercise

SKILL SPORTS, COURT, TRACK AND FIELD

Bio-Anabolic Packs	1 pack before exercise
ChondroSamine Plus	1-2 capsules per meal
Stamina Caps	3-6 capsules before exercise
Intenzyme Forte	5 tablets before exercise, 5 tablets after exercise
Bio-Multi Plus	1 tablet per meal
Amino Quick-Sorb	2-3 squirts before exercise

MUSCULOSKELETAL REHABILITATION SUPPORT

Rehab Support Pack	1 pack per meal
ChondroSamine Plus	1-2 capsules per meal
Intenzyme Forte	5 tablets four times daily (three hours after meals)
BioProtect	1-2 capsules per meal
Biomega-3	1 capsule per meal

SHIN SPLINTS

Cytozyme-AD	2-3 tablets with breakfast and lunch, and two to three tablets before exercise
ChondroSamine Plus	1-2 capsules per meal