



Don't Skip Meals!

Simple Lean Mass Gain for Young Athletes (15 - 17 years)

Meal Replacement Shake is an excellent breakfast shake. With Breakfast (every day):	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 1 OmegaPlex® with food.	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.
Mid-Morning Snack:	Eat 1 Meal Replacement Bar	Meal Replacement Bar provides an abundant amount (17 grams) of high-quality, easily digested protein. Meal Replacement Bars provide balanced nutrition with 16 vitamins and minerals, and with only six grams of fat.
Lunch:	Eat good foods!	
15 Minutes before Workout:	Take 3 CATALYST .	CATALYST 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 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 includes the antioxidants, carbohydrates and other nutrients that effectively promote optimal hydration and recovery.*
Immediately after Workout:	Mix 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.*
60 Minutes after Workout:	Mix 1 Pouch of Muscle Gain™ with water.	Research has shown that typical protein intake for intense strength athletes could be between 1.3 and 1.8 g/kg bodyweight. For a 180 lbs athlete, that between 106g and 147g per day! Muscle Gain™ offers 25 grams of a special protein blend that gives the body the variety of proteins it needs to gain the best results. It also includes the digestive enzymes papain and bromelain to improve the absorption of protein and facilitate the digestive process. Muscle Gain™ also adds important vitamins and minerals such as vitamin C, calcium, and vitamin B-6 to give the body the balanced support it needs to help build muscle and maintain improved health.
With Dinner:	Take 2 Calcium Plus with food.	
	Take 1 OmegaPlex® with food.	

*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.

