

# PERFORMANCE ELITE

SUPERIOR SPORTS NUTRITION

For best results, we recommend the following timeline.

## PERFORMANCE ELITE TIMELINE

### 1) Fuel Up



- **Muscle Strength™**  
*(60 min. before exercise)*
- **O<sub>2</sub> Gold™**  
*(60 min. before exercise)*
- **Arginine Extreme**  
*(30min. before exercise)*
- **AdvoCare® Muscle Fuel Pre-Workout Drink**  
*(15-30 min. before exercise)*

### 2) Keep Up



- **CATALYST™**  
*(Immediately before exercise)*
- **Rehydrate Electrolyte Replacement Drink**  
*(During exercise)*

### 3) Recover



- **Post-Workout Recovery Sports Drink**  
*(Immediately after exercise)*
- **SootheX™**  
*(Apply as needed)*
- **Nighttime Recovery**  
*(At bedtime)*

### 4) Build Up



- **Muscle Gain™**  
*(Drink as needed)*

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For added energy, also consider:

**AdvoCare® Spark™, V16® Energy Drink, High Energy Bar**

For added joint health, also consider: **Joint ProMotion™**

**CorePlex® multivitamin supplement and OmegaPlex®**

key products in our Well Line, are also core components of any exercise program.