

**COMPETITIVE**  **EDGE**  
PERFORMANCE

# SUPPLEMENT APPLICATIONS

BRILLIANCE IN THE BASICS

## All Athletes

### The Core 4™

(Vitamin D-3, EPA 500, Zinc, Magnesium)

- **EPA 500** x 8-16 caps per day divided before or during meals
- **Vitamin D3** x 1-2 caps per day
- **Chelated Magnesium** x 3-5 tabs at dinner (or post evening workout) and bedtime
- **Chelated Zinc** x 1 tab at breakfast and lunch



## New Athletes

### New to Training

**Athlete has never trained or is returning from a long hiatus from regular training**

- **The Core 4™**
- **CEP Pre-Workout** x 1 scoop 30 minutes before and/or during training
- **L-Tyrosine** x 1 cap at wake and 1-2 Pre-Workout
- **Vitamin C 1000** x 3 caps post-workout and bedtime

### New to the Sport of Fitness

**Ideal for experienced athletes coming from other disciplines - endurance, bodybuilding, team sports**

- **The Core 4™**
- **Vitamin C 1000** x 3 caps post-workout and bedtime
- **CEP Pre-Workout** x 1-2 scoops 30 minutes before and/or during training
- **L-Tyrosine** x 1 cap at wake and Pre-Workout
- **BCAA + Glutamine** x 2-3 scoops
- **L-Taurine** x 2 caps post workout

## Weight Loss Clients

### Weight Loss

**Lose excess body fat while gaining muscle without using stimulant based fat burners.**

- **The Core 4™**
- **L-Tyrosine** x 1 cap at wake and lunch
- **CEP Pre-Workout** x 1-2 scoops 30 minutes before training
- **Vitamin C 1000** x 2 caps at lunchtime, post-workout, and bedtime
- **L-Taurine** x 2 caps post workout and bedtime

## Advanced Athletes

### Avid Sport of Fitness Athlete

Have been doing CF style training for numerous months, and are able to train at high intensity. They complete all but the most difficult workouts Rx'ed

- **The Core 4™**
- **L-Tyrosine** x 1 cap at wake. 1-2 cap with PreWorkout
- **CEP Pre-Workout** x 1-2 scoop taken 30-45 minutes prior to training
- **BCAA + Glutamine** x 2-3 scoops post workout
- **L-Taurine** x 2 caps post workout
- **Whey Protein** x 1-2 scoops post workout
- **Vitamin C 1000** x 2 caps post-workout and bedtime

### Sport of Fitness Competitive Athlete

Athletes who aspire to compete in local, regional, and national level CF events. They are proficient in all skills, and are able to complete virtually all workouts Rx'ed

- **The Core 4™**
- **L-Tyrosine** x 1 cap at wake. 1-2 cap with Pre-Workout
- **BCAA + Glutamine** x 2-3 scoops post-workout, and at bedtime
- **Pre-Workout** x 1-2 scoops 30 minutes before and/or during workout
- **Whey Protein** x 1-3 scoops post workout
- **Vitamin C 1000** x 3 caps post-workout and bedtime
- **Taurine** x 4 caps post-workout and at bedtime

**\*Magnesium at 5mg per lbs of BW per has shown to be optimal.**