

## **NUTRITIONAL SUPPORT FOR EXERCISE RESPONSES**

### **Pre-Workout**

(On an empty stomach)

**NITRIC BALANCE (K62), (K68)**  
Supports nitric oxide isomer expression\*

**ELECTRO-Ph complex (K86)**  
Includes electrolytes and nutrients for pH support\*

### **Post-Workout**

(On an empty stomach)

**RESVERO ACTIVE (K76)**  
Supports the immune system\*

**TURMERO ACTIVE (K75)**  
Supports the immune system\*

**ELECTRO-pH COMPLEX (K86)**  
Includes electrolytes and nutrients for pH support\*

## **HOW TO JUMP-START THE CAR\***

1. Upon awakening, immediately apply ADRENA-STIM (K15, K72)
2. Take 1-4 teaspoons of NITRIC BALANCE (K62), (K68) before exercise.
3. Exercise within the first 10 minutes of waking at a high intensity to exhaustion, but no more than five minutes.\*\*
  - Pushups
  - Deep squats
  - Jump rope
  - Run in place
4. ADAPTOCRINE (K02) with meals.

\*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.

\*\*Seek the advice of your healthcare professional before engaging in any new exercise activity.

These products are intended for nutritional use and health maintenance only and should not replace or delay the use of any medication.