

ATHLETE PROTOCOL

A Suggested Nutritional Protocol for Athletic Support

E.N.S.P Support Formula™

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for recreational and competitive athletes, including Ginseng, n-acetyl-l-cysteine and gamma oryzanol.

Suggested usage: *Two tablets twice daily with meals.*

Pro-PCA Fuel

Contains a performance specific blend of high quality whey protein isolates and concentrates, high glyce-mic index carbohydrates, and a rich supply of micro nutrients that focus on the antioxidant factors needed to defend the athlete from the damaging effects of exercise.

Suggested usage: *Designed to be used during the Three Phases of the Training Cycle and is weight dependant.*

Corvalen® M

Corvalen M® contains pure D-ribose, a safe and clinically researched ingredient that supports the natural way our bodies produce adenosine triphosphate (ATP), the energy currency of the cell. Corvalen M® D-ribose is a useful dietary supplement for those patients that want to restore energy and support the symptoms of fatigue with the added benefit of magnesium and malate to help relieve occasionally sore muscles.

Suggested usage: *First two weeks three times a day then third week down to twice daily. TAKE WITH FOOD.*

Citrus-Q10™ 100

Naturally fermented coenzyme Q10 in a pleasant tasting, natural citrus-flavoured dissolving tablet. This product contains no sugar, artificial colours or flavours and is suitable for vegetarians and diabetics.

Suggested usage: *One to four tablets daily. Allow tablet to dissolve on tongue and swallow. Not a sublingual tablet.*

Wobenzym® N

Numerous studies indicate that Wobenzym® N reduces the consequences of sports injuries as well as shortens recovery time after strenuous physical activity.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after a meal*

CLINICAL PROTOCOLS

OR

Proteozyme Forte™

A comprehensive blend of essential vitamins, enzymes, mineral chelates, glucosamine sulfate, and other important nutrients specifically formulated for sports injury repair.

Suggested usage: *Two tablets three times daily on empty stomach*

Amino-NR (Pure Encapsulations)

This product of natural ratio 'NR' amino acids found naturally in high biological value (BV) protein sources. This complex supports athletic training efficiency and promotes immune and overall health.

Suggested usage: *Three to six capsules daily, in divided doses, between meals.*

Growth Hormone Support (Pure Encapsulations)

May support healthy growth hormone production when taken one hour before bed or physical activity. May also promote healthy muscle protein synthesis, muscle recovery, and lean muscle mass when combined with physical training.

Suggested usage: *Two to four capsules daily, on an empty stomach, with juice or water, before bedtime or one hour before a workout.*

