

Competitive High School Performance Athlete Supplement Instructions

ActiveMV™ multivitamin and mineral formula

- Take 1 daily immediately following breakfast or any other larger meal

AminoBoostXXL™

- Take 1-scoop 10-30 min before workout (add to 1-2 scoops of NO7Rage if using this product – see below)
- Take 1-scoop immediately following workout

First String™

- Take 2-scoops within the same window of time as the AminoBoost: 10-30min before workout or use favorite dotFIT® bar for convenience in place of the First String Shake
- Take 2-scoops 20min post workout
- Use anytime throughout the day to add calories as necessary to maintain weight gain

The following are Creatine products, if you choose to use them

(with parent permission –see Creatine Supplementation and Youth)

NO7Rage™

- Take 1-2 scoops (depending caffeine sensitivity – start with 1 and move to 2 if not uncomfortably affected by caffeine) 10-30min before workout (may mix with AminoBoost)
 - NO7Rage contains 175mgs of caffeine per scoop. *As a reference: a Starbucks Grande-drip coffee contains ~330mgs of caffeine, which is close to the same amount in 2-scoops of NO7Rage*

CreatineXXL™

- On workout days take 4 tabs with any carbohydrate containing meal or shake
- On days non-workout days (or not using NO7Rage) take 8 tablets split throughout the day with meals – e.g. 4 with breakfast and 4 with dinner
- For best results, always take with a meal or shake containing carbohydrates