



# PERFORMANCE BASICS

<b>Product</b>	<b>Benefits</b>	<b>When to Take</b>	<b>Misc.</b>
<b><i>Spark</i></b>	low calorie high nutrition with neuroactives for energy and mental focus, non-carbonated	morning, before exercise, replaces soda and energy drinks	mixes best in room temp/cool water, can drink hot or cold
<b><i>Slam</i></b>	portable, pre-mixed energy and mental focus drink with similar benefits of Spark	morning, before exercise, replaces soda and energy drinks	nice alternative to Spark, especially when traveling
<b><i>Rehydrate</i></b>	superior electrolyte replacement, aids in recovery by washing acid out of cells	during practice, after practice, and before bed	add to Spark for a mid-day energy booster
<b><i>Meal Replacement Shake</i></b>	super nutrient profile that will feed muscles 24 grams of quality protein	ideal breakfast or mid-day snack	add Muscle Gain to boost protein content
<b><i>Post Workout Recovery</i></b>	forces nutrients back into muscle that are lost during intense workouts	take 30 minutes after a hard workout	not ideal if weight loss is a primary goal, great for weight gain
<b><i>Muscle Gain</i></b>	great tasting protein for mid-day snack, can add to Meal Shake to boost protein content	mid-morning or mid-afternoon or nighttime snack	great alone or added to Meal Replacement Shake
<b><i>Arginine Extreme</i></b>	forces blood and nutrients into muscle aiding in a better pump, power, and recovery	before workouts before bed	works great added to each Spark, Muscle Fuel, and Rehydrate
<b><i>Muscle Fuel</i></b>	“heavy artillery” for heavy training days, similar to arginine with a little more kick	pre-workout on an empty stomach	add Arginine Extreme for added “pump” and power
<b><i>O2 Gold</i></b>	provides a “3 <sup>rd</sup> lung” by delivering more oxygen to muscles	prior to endurance training	super combo: Muscle Fuel, Arg Extreme, Catalyst, O2 Gold