

PRE & POST WORKOUT™

Notes

A BALANCED EXERCISE FORMULA

During exercise, the body maintains numerous biochemical activities. The most important are the regulation of fluids for nutrient transfer to cells and energy production. The pituitary also produces Growth Hormone during strenuous exercise. It is because of this hormone that muscles grow, fat is reduced, and stamina increases with regular exercise.

INGREDIENTS:

Each capsule contains:		% Daily Value
Beta Carotene	5,000 IU	100
Potassium	150 mg	4
L-leucine	150 mg	*
Magnesium	100 mg	25
Creatine Monohydrate	100 mg	*
L-alanine	100 mg	*
L-glutamine	100 mg	*
Vitamin C	50 mg	83
L-taurine	50 mg	*
Bioflavonoids	30 mg	*
Organic Orchic	30 mg	*
L-carnitine	15 mg	*
Rutin	10 mg	*
Zinc	5 mg	33
Manganese	5 mg	250
Vanadyl	4 mg	*
Boron	1 mg	*
Chromium Picolinate	20 mcg	*

*Daily Value not established

Other Ingredients: Enzymes and trace minerals.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

If the proper nutrients are not available to the exercising muscle, deficiencies can begin to develop within 30 minutes into an exercise program. This causes a set of symptoms, such as the ones listed below, which can be alleviated by using the PRE & POST WORKOUT formula.

1. Poor muscle recovery between repetitions
2. Decreased stamina and endurance
3. Tremors
4. Lightheaded and dizzy sensations
5. A drop in natural adrenal steroid hormones can cause a loss in motivation and enthusiasm causing the individual to force themselves to continue the workout
6. Prolonged recovery period that can require as much as 2 to 3 days; this causes a lack of interest to exercise regularly
7. Slow development of strength
8. Increased requirement for sleep and rest
9. Increased appetite for sweets; the need to eat larger amounts of food
10. Increased thirst and feelings of dehydration
11. During and after the stress of colds, flu, diarrhea, and infections to speed recovery

Continued on next page

DIRECTIONS:

As a dietary supplement, take 3 to 4 capsules with fruit 15 to 30 minutes before beginning the exercise program and 1 to 2 capsules with fruit within 30 minutes after the workout is completed, or as directed by a physician. Limit the routine to 60 to 90 minutes. For prolonged athletic endeavors, 2 PRE & POST capsules should be taken every hour with either fruit or water. During an illness or alcohol excess, it is suggested that 2 PRE & POST be taken 3 to 4 times a day until full recovery has been attained.

COMBINATIONS:

To support these functions the following supplements can be added to the program:

L-Arginine — this is an amino acid that is used in large amounts by the pituitary in its production of Growth Hormone. It is best to take L-Arginine just following the exercise routine is completed. A normal dose is 2 to 6 500mg capsules.

Magnesium — this important mineral enables the muscles to recover their electrical potential after exercise. The electrical activity of a cell is what enables it to process nutrients, oxygen, and remove waste products. Magnesium is the key mineral to enable this significant function. After exercise, take 2 to 4 250mg tablets of magnesium oxide. Not enough magnesium will cause the muscles to shake.

Electrolyte 1 or 2 — electrolytes make up the most important minerals in the body. Sodium, chloride, magnesium, and potassium are the key minerals which regulate fluid balance in the cells and blood stream, the acid-base balance, digestive fluids, neuromuscular activity, and nerve conduction. They are also essential for all nutrient absorption and toxin elimination. 2 to 4 Electrolyte 2 capsules should be taken after each workout.

L-Glutamine — helps to restore muscle glycogen to normal, enabling rapid recovery, development, and growth. 1 to 3 500mg capsules should be taken after each workout.

Formulated by Dr. Norman Easley.