Xtreme Couture Pharmaceuticals

Athlete: Mike Dizak

Product	Wake-up	Breakfast	Between	Lunch	Between	Dinner	Bedtime	Before Exercise	After Exercise
Max EFA's		2		2		2			
Adrenal Glandular		3		3		3			
Vita D		2 drops				2 drops			
AA Reveratrol Blast		1				1			
IGF Blast	3						3		
Optimum T		2				1			
Exercise Recovery									
Natural Mins									4
Xtra EnZymes								four to eight	four to eight
O2 Plus+								6	
Shake									
4Ever Greens									1 scoop
celtic sea salt									1/4 teaspoon
Whey Isolate									2 scoops
banana									1
20 oz water									