



Xtreme Couture Pharmaceuticals

<b>Athlete: Ray Sejo</b>									
<b>Product</b>	<b>Wake-up</b>	<b>Breakfast</b>	<b>Between</b>	<b>Lunch</b>	<b>Between</b>	<b>Dinner</b>	<b>Bedtime</b>	<b>Before Exercise</b>	<b>After Exercise</b>
Max EFA's		2		2		2			
Adrenal Glandular		3		3		3			
Vita D		2 drops				2 drops			
B12 Nitro	1		1					1	
Joint Flex		2				1			
Zinc Clutch		1 Tbsp							
IGF Blast	3						3		
Optimum T		2				1			
<b>Exercise Recovery</b>									
Natural Mins		1		1		2			
Xtra EnZymes								four to eight	four to eight
O2 Plus+								6	
<b>Shake</b>									
4Ever Greens									1 scoop
celtic sea salt									1/4 teaspoon
Whey Isolate									2 scoops
20 oz water									
<b>Anti-Aging</b>									
AA Reveratrol Blast		2				2			