

SUGGESTIONS

That Get Results

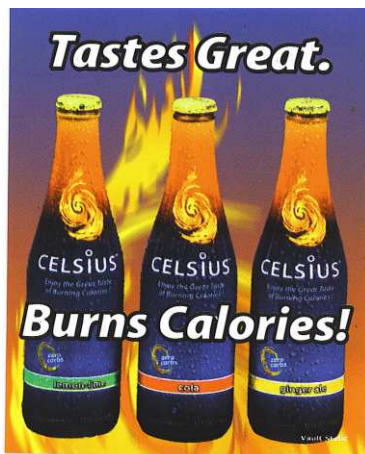
Male or Female,

the products are the same. This page contains items that have helped other members meet & maintain their goals.

Mix

it up!!

Protein bars make an excellent pre/post workout or between meal snack.



Will **BURN** Calories!

With natural thermogenics, you will raise metabolism by 12% for over 3 full hours.

Try all flavors:

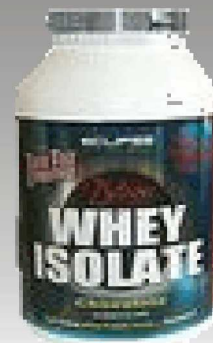
COLA GINGER ALE ORANGE
LEMON/LIME **NEW** WILD BERRY

Proper Nutrition & Exercise

At the heart of it all is an active lifestyle with proper nutrition. Moderation is key, but don't starve the body. Drink plenty of water, especially during the hot summer months.

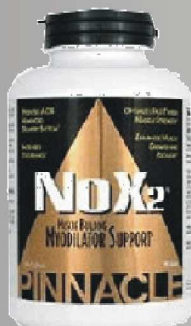
Protein

provides the building blocks for lean muscle development. Lean muscle increases your metabolism, causing your body to burn calories even at rest. Whey Isolate absorbs best without carbohydrates to cut into your daily allotment. Try it in a blender with frozen fruit for a GREAT SMOOTHIE!



MULTI VITAMIN

When it comes to supplements, a multi vitamin comes 1st. Look for 'cold processed' to ensure nutrients weren't lost in production. Eclipse has one of the BEST products on the market.



Hemodialators

have rapidly become the new creatine for increasing muscular strength and endurance. Not a steroid, NoX2 promotes increased blood flow to the muscle resulting in an increase in available nutrients. Unlike creatine, Nox2 does not cause water retention.

don't miss our tanning info on the back