

Supplements

With morning meal include:

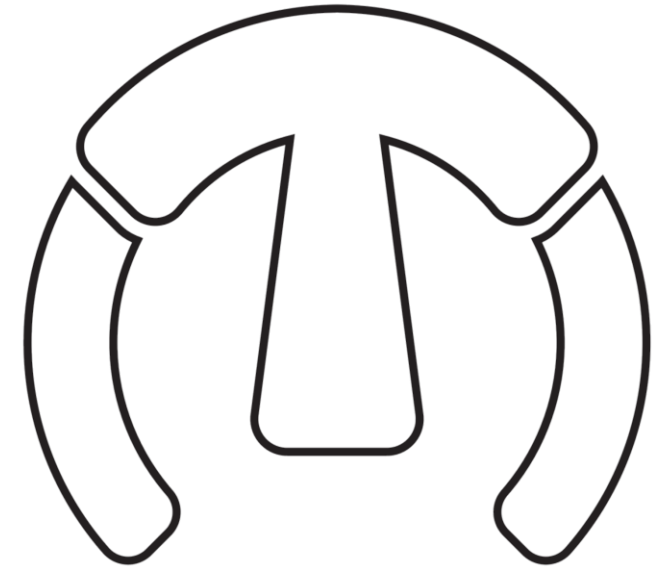
- 2x fish oil capsules (Omega 3/6/9)
- L-glutamine – 2g
- 1x Multivitamin
- 1x Vit D3 (2500iu)

Post training Snack include:

- Creatine – 5g (male) 3g (female)
- L-glutamine – (male only) 3g

Pre bed snack include:

- 2x Fish oil capsules (Omega 3/6/9)



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FITNESS