

SUPPLEMENT PROTOCOL

Here are my recommendations for what you can take on each of your weight-training days:

TIMING	SUPPLEMENT	SERVING SIZE
Upon rising	Hydra-Charge® Fermented BCAAs Fermented Glutamine Micropure® Whey Protein Isolate	1 scoop 1 scoop 1 scoop 1 scoop
Pre-workout	PRE-KAGED® Hydra-Charge® Fermented BCAAs Fermented Glutamine Creatine HCl Citrulline	1 scoop 1 scoop 1 scoop 1 scoop 1 scoop 2 scoops
During workouts	IN-KAGED® Citrulline	1 scoop 2 scoops
After workouts	RE-KAGED® Creatine HCl	1 scoop 1 scoop
Bedtime	Kasein®	1 scoop

NOTES:
