

LynFit Accelerator	LynFit Carb Edge	LynFit Cutting Edge
(1) Morning	(1) Mid-morning	(1) Morning
(1) Lunch	(1) Lunch	(1) Mid-morning
	(1) Mid-afternoon	(1) Mid-afternoon

**LynFit Accelerator: For an accelerated boost, take (1) at breakfast, mid-morning, and again right after lunch, as long as you feel you can handle it.*

Always take your supplements with a full glass of water or green tea.