

RULE
supplements

SHREDDDED

MORE MUSCLE, MORE SHAPE...NATURALLY!



Net Weight 20 lb (9.07kg)

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FEEDING FOR SHAPE

The Science

When you are looking to increase muscle shape, and make them look chiseled, you need to reduce the storage of carbs, but don't reduce the calories consumed. Carbohydrates get stored as fat. Fat does not. So, if you want more shape, reduce the carbs and increase the protein in your diet.... But if you cut calories too much, you will look too skinny. This is where you need to keep some fat in your diet.

The Product

A combination approach is needed to maximize this objective. Feeding both SHREDDDED and THICC will provide the right balance of energy and protein to maximize muscle development and shape, while not removing the amount of cover needed to compete at the highest level.