



PPN

SAMPLE SUPPLEMENT PROGRAM

"Sample Supplement Program for Altering Body Composition"

Lose Fat & Gain Muscle

[ADVANCED]

Products:

- Multi Vitamin
 - Sweet Tooth Smoothie or PPN Pure Whey
 - PPN 24-Hour Fat Loss [Rapid Thermal Daytime Rapid Thermal PM Night Time, and AlphaLEAN]
 - PPN Recovery
 - GunPOWDER
- *Optional:**
 - PPN AMMO
 - Ballistic Testosterone Enhancer (Males only)
 - PPN Strength Creatine

SUGGESTED USE

Immediately Upon Waking:

Meal 1: (See Sample Nutrition Programs)

1-2 Scoops Sweet Tooth Smoothie or PPN Pure Whey

1 tsp PPN Recovery

1-2 caps PPN Multi Vitamin

3 caps AlphaLEAN

1-2 caps Rapid Thermal Daytime

*2-3 caps Ballistic

Meal 2: (See Sample Nutrition Programs)

1-2 caps PPN Multi Vitamin

1-2 caps Rapid Thermal Daytime

Meal 3: (See Sample Nutrition Programs)

No Supplements

Meal 4: (See Sample Nutrition Programs)

No Supplements

Meal 5: (See Sample Nutrition Programs)

No Supplements

Pre-Workout:

1-3 scoops GunPOWDER

1-3 scoops AMMO

* 2-3 caps Ballistic

Post-Workout:

1-2 Scoops Sweet Tooth Smoothie or PPN Pure Whey

1 tsp PPN Recovery

Meal 6: (See Sample Nutrition Programs)

No Supplements

Bedtime:

1-3 caps Rapid Thermal PM Night Time

1 tsp PPN Recovery

* 2-3 caps Ballistic

Do not use until you have read the Disclaimers and the label on each product carefully for Supplement Facts and Warnings.