



PPN

SAMPLE SUPPLEMENT PROGRAM

"Sample Supplement Program for Altering Body Composition"

Lose Fat [BASIC]

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]
- * **Optional:**
 - PPN Recovery
 - GunPOWDER

SUGGESTED USE

Immediately Upon Waking:

Meal 1: (See Sample Nutrition Programs)

- 1-2 Scoops Sweet Tooth Smoothie or PPN Pure Whey
- 1-2 caps PPN Multi Vitamin
- 3 caps AlphaLEAN
- 1-2 caps Rapid Thermal Daytime
- * 1 tsp PPN Recovery

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:

- * 1-2 scoops GunPOWDER

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

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