



PPN

SAMPLE SUPPLEMENT PROGRAM

"Sample Supplement Program for Altering Body Composition"

Lose Fat & Gain Muscle [INTERMEDIATE]

Products:

- | | |
|--|--|
| - Multi Vitamin | * Optional: |
| - Sweet Tooth Smoothie or PPN Pure Whey | - GunPOWDER |
| - PPN 24-Hour Fat Loss [Rapid Thermal Daytime
Rapid Thermal PM Night Time, and AlphaLEAN] | - PPN AMMO |
| - PPN Recovery | - 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.