



PPN

SAMPLE SUPPLEMENT PROGRAM

“Sample Supplement Program for Altering Body Composition”

[MUSCLE GAIN]

Products:

- Multi Vitamin
- Sweet Tooth Smoothie or PPN Pure Whey
- PPN Strength Creatine
- GunPOWDER
- PPN AMMO
- PPN Recovery

*Optional:

- Ballistic Testosterone Enhancer (Males only)

SUGGESTED USE

Immediately Upon Waking:

Meal 1: (See Sample Nutrition Programs)

2-3 Scoops Sweet Tooth Smoothie or PPN Pure Whey
1 tsp PPN Recovery
1-2 caps PPN Multi Vitamin
*2-3 caps Ballistic

Meal 2: (See Sample Nutrition Programs)

1-2 caps PPN Multi Vitamin

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:

2-3 Scoops Sweet Tooth Smoothie or PPN Pure Whey
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.