



**PPN**

# SAMPLE SUPPLEMENT PROGRAM

## "Sample Supplement Program for Overall Health"

### Products:

- Multi Vitamin
- AlphaLEAN
- Sweet Tooth Smoothie or PPN Pure Whey

### \* Optional:

- PPN Recovery
- Ballistic Testosterone Enhancer (Males only)

### 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

**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

#### Post-Workout:

1-2 Scoops Sweet Tooth Smoothie or PPN Pure Whey

\* 1 tsp PPN Recovery

**Meal 6:** (See Sample Nutrition Programs)

No Supplements

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