

# SUPPLEMENT GUIDE

## RECOMMENDATIONS

### NON-WEIGHT-TRAINING DAYS

TIMING	SUPPLEMENT	AMOUNT
Upon Rising	Hydra-Charge Fermented BCAAs Fermented Glutamine MICROPURE Whey Protein Isolate	1 scoop 1 scoop 1 scoop 1 scoop
With Breakfast	Ferodrox	2 capsules
Pre-Cardio	Pure Citrulline Creatine HCl Carnitine	3 scoop 1 scoop 2 capsules
Pre-HIIT	Hydra-Charge Fermented BCAAs Fermented Glutamine Creatine HCl Carnitine	1 scoop 1 scoop 1 scoop 1 scoop 2 capsules
Bedtime	Kasein	1 scoop

Kaged Muscle® supplements are made with natural flavors and no added colors. All of our products are third-party tested for purity and potency.



Don't forget to use the promo code **MBT20** during checkout to save 20% at [KagedMuscle.com](http://KagedMuscle.com)!