

SUPPLEMENT GUIDE

RECOMMENDATIONS

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-Workout	Pre-Kaged Fermented Glutamine Carnitine	1 scoop 1 scoop 2 capsules
Intra-Workout	In-Kaged	1 scoop
Post-Workout	Re-Kaged Creatine HCl Carnitine Fermented BCAAs	1 scoop 1 scoop 2 capsules 1 scoop
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!