



The NUTRISHOP Men's Clean & Lean 30-Day Challenge

SUPPLEMENT COMPANION GUIDE

AM Supplements to be taken prior to breakfast:

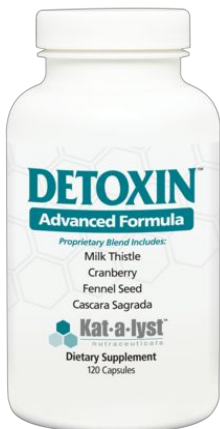
- 1 scoop Nature's Fuel
- 2 capsules Detoxin
- 2 capsules Ketolean7

*** Advanced Program: Add ½ scoop Thermovex to the above.
You can mix this with the Nature's Fuel or take separately.



Afternoon Supplements to be taken prior to lunch:

- 2 capsules Ketolean7
- *** Advanced Program: Add 1 scoop Thermovex to the above.



PM Supplements to be taken with bedtime protein shake:

- 2 capsules Detoxin
- *** Advanced Program: Add 1 scoop Thermovex PM. You can mix this with the protein or 3-4oz of water.

Before bed:

- 1 scoop scoop ForzaOne protein.

** On days you work out with weights, take an ADDITIONAL scoop of ForzaPro immediately following the workout.

*** To speed results and recovery, you may use 1 scoop of the BCAA Sport right before your workout.

