

Supplement Regimen

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TRANSFORMATION CHALLENGE SUPPLEMENT REGIMEN

MHP, the official sponsor of the Team MD Transformation Challenge, has been kind enough to donate supplements to help our 6 athletes achieve all their fitness goals. MHP's owner, Gerard Dente, has personally customized this sex-specific supplement regimen in hopes of helping our athletes optimize fat burning and ensure muscle preservation.

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LINK TO TRANSFORMATION THREAD IN FORUM:

<http://forums.musculardevelopment.com/showthread.php?t=31479>

MEN:

(1)
Probiolic-SR--
(Sustained release Protein Powder). Take 2 servings per day (one of the servings before bed; the other, anytime throughout the day). This product contains essential fats so only add 1 tablespoon of peanut butter to the shake.

(2)
DREN per-cardio Extremely powerful thermogenic and euphoric fat burner
Take
1 capsule per day

(3)
DARK RAGE Dual Action EPO/NO pre-workout formula
Take 1 serv before workout

(4)
(a) SARM-X-(Selective
Androgen Receptor Modulator). Take 1 tablet 2x per day. [Use for weeks 1-8]

(b)
T-BOMB II-(Natural
Testosterone-booster). Take 3 tablets in the morning and 3 tablets in the
evening. [Weeks 9-16]

(5)
Cyclin-GF-
("Dormant Muscle Activator and anabolic optimizer" ; puts you in a deep sleep)
TAKE BEFORE BED

WOMEN:

(1)
Probiolic-SR--
(Sustained release Protein Powder). Take 2 servings per day (one of the servings
before bed; the other, anytime throughout the day). This product contains
essential fats so NO EXTRA FAT (peanut butter) is needed with it.

(2)
ANADROX-(combines
the power of Nitric Oxide (NO) with a potent full spectrum Fat Burning Matrix).
Take 4 capsules 2 capsules before morning cardio and 2 capsules later in the day
or before your afternoon or evening workout)

(3)
Gluatamine-SR Sustained Release anti-catabolic glutamine formual (1 scoop
pre-workout)