Supplementation Regimen:

1 packet morning and night of the Peptide Support Pak starting 3 days before peptide therapy continuing through and for 4 weeks post therapy. You can take all 13 formulas separately but compliance is limited.

- Muscle Rx
- E.F.A
- Opti-Nitric
- Probiotic
- Opti-Methyl B
- Opti-Mito Force
- DAKIK2
- NADH
- P-5-P
- Essential Protect
- Whole Food Resveratrol
- Zinc

Once a day while on peptide therapy, take in 25 grams of a whey/collagen protein (Optimal Collagen Plus) that is pre-digested or at a minimum take a digestive enzyme with a different brand. If vegan or wanting a plant protein supplement, take Optimal Complete Nutrition to ensure that all the amino acids

Nutrition Regimen:

At a minimum follow the 63 FOR ME or 21 Day Challenge eating guidelines along with the specifics for the peptides being researched.

NOTE: IT IS EXTREMELY BENEFICIAL TO TAKE THE PEPTIDES ON AN EMPTY STOMACH.

Exercise Regimen:

A minimum of 45 minutes a day of aerobic and anaerobic exercise is highly recommended so that the body will have the stimulation to create and continue peptide formation for desired goals.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*