

# Performance **ELITE** Timeline

Suggestions for how and when to use the ultimate program for ultimate performance



Items marked with a  are certified by INFORMED-CHOICE.

1 fuel up	2 keep up	3 recover	4 build up
 <p><b>BEFORE</b></p> <p><b>Muscle Strength</b> <input checked="" type="checkbox"/> 60 minutes before exercise</p> <p><b>O<sub>2</sub> Gold™</b> <input checked="" type="checkbox"/> 60 minutes before exercise</p> <p><b>Arginine Extreme</b> <input checked="" type="checkbox"/> 30 minutes before exercise</p> <p><b>AdvoCare® Muscle Fuel</b> 15-30 minutes before exercise</p> <p><b>Catalyst™</b> <input checked="" type="checkbox"/> 15-30 minutes before exercise</p> <p><b>BENEFITS:</b></p> <ul style="list-style-type: none"> <li>• Increased muscle growth, strength, endurance*</li> <li>• Maximized training results*</li> <li>• Enhanced endurance and performance*</li> <li>• Enhances body's use of oxygen*</li> </ul>	 <p><b>DURING</b></p> <p><b>Rehydrate</b> <input checked="" type="checkbox"/> During exercise</p> <p><b>BENEFITS:</b></p> <ul style="list-style-type: none"> <li>• Preserves and maintains muscle mass and energy levels during exercise.*</li> <li>• Helps the body stay hydrated during physical activity</li> <li>• Helps maintain electrolyte balance</li> </ul>	 <p><b>AFTER</b></p> <p><b>Post-Workout Recovery</b> <input checked="" type="checkbox"/> Immediately after exercise</p> <p><b>Catalyst™</b> <input checked="" type="checkbox"/> Immediately after exercise</p> <p><b>SootheX™**</b> As needed</p> <p><b>Nighttime Recovery</b> <input checked="" type="checkbox"/> Bedtime</p> <p><b>BENEFITS:</b></p> <ul style="list-style-type: none"> <li>• Helps minimize muscle soreness*</li> <li>• Supplies essential components for muscle repair*</li> <li>• Decreased recovery time*</li> <li>• Temporary relief from minor aches and pains associated with joints, backaches and muscles</li> </ul>	 <p><b>ONGOING</b></p> <p><b>Muscle Gain™</b> <input checked="" type="checkbox"/> Drink as needed</p> <p><b>Catalyst™</b> <input checked="" type="checkbox"/> Between meals</p> <p><b>BENEFITS:</b></p> <ul style="list-style-type: none"> <li>• 25 grams of high-grade, easily-digestible protein</li> <li>• Increased muscle mass</li> <li>• Enhanced endurance and performance</li> </ul>



**CHAD A. MARTIN**

Champion Bodybuilder

Products used:  
13 products including Catalyst™, O<sub>2</sub> Gold™, AdvoCare® Muscle Fuel, Muscle Strength™

"In just one month, and after using many other products for years, I have more energy for longer periods of time, better workouts, and more quality muscle mass."

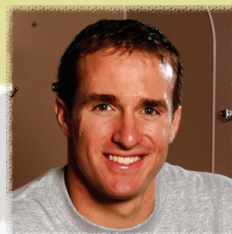


**MICHAEL REDD**

Pro Basketball Player

Products used:  
AdvoCare Spark®, Post-Workout Recovery, Catalyst™, Joint ProMotion™, OmegaPlex®

"I feel stronger; I am leaner and continue to strive for more results. If you aren't using these products, you are not aware of your full potential; these products will help make you a champion!"



**DREW BREES**

Pro Football Quarterback

Products used:  
AdvoCare® Muscle Fuel, Muscle Strength™, Post-Workout Recovery, Rehydrate, AdvoCare Spark®, Catalyst™, OmegaPlex®

"AdvoCare products have helped my game and my ability to maximize the results I'm looking for in the weight room."



**VERONICA CAMPBELL-BROWN**

World Champion Sprinter

Products used:  
AdvoCare Spark®, Rehydrate, AdvoCare® Muscle Fuel, Nighttime Recovery, Post-Workout Recovery, Catalyst™, CorePlex®

"The AdvoCare products that I use are an essential part of my preparation."

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*\*SootheX™ available while supplies last.