

# 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
<b>BEFORE</b>	<b>DURING</b>	<b>AFTER</b>	<b>ONGOING</b>
<b>Muscle Strength</b> <input checked="" type="checkbox"/> 60 minutes before exercise <b>O<sub>2</sub> Gold™</b> <input checked="" type="checkbox"/> 60 minutes before exercise <b>Arginine Extreme</b> <input checked="" type="checkbox"/> 30 minutes before exercise <b>AdvoCare® Muscle Fuel</b> 15-30 minutes before exercise <b>Catalyst™</b> <input checked="" type="checkbox"/> 15-30 minutes before exercise <b>BENEFITS:</b> <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>	<b>Rehydrate</b> <input checked="" type="checkbox"/> During exercise <b>BENEFITS:</b> <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>	<b>Post-Workout Recovery</b> <input checked="" type="checkbox"/> Immediately after exercise <b>Catalyst™</b> <input checked="" type="checkbox"/> Immediately after exercise <b>Nighttime Recovery</b> <input checked="" type="checkbox"/> Bedtime <b>BENEFITS:</b> <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> </ul>	<b>Muscle Gain™</b> <input checked="" type="checkbox"/> Drink as needed <b>Mass Impact™</b> <input checked="" type="checkbox"/> 30 minutes before exercise <b>Catalyst™</b> <input checked="" type="checkbox"/> Between meals <b>BENEFITS:</b> <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.

AdvoCare contributes to the Brees Dream Foundation. Drew Brees is also compensated for his role as AdvoCare National Spokesperson.