



FIRST PACKET
Take first thing in the morning, when your feet hit the floor, empty stomach. Spark is okay at this time.

SECOND PACKET
Take mid-day, on an empty stomach, 30 minutes before lunch or afternoon snack.

LAST TWO PACKETS
Take on a FULL stomach with any meal, preferably your largest meal.

This MNS pill pack comes in three varieties: Max 3, Max E, and Max C.

WITH 1ST PACKET
take (3) Catalyst and (1-3) ThermoPlus



30 minutes later, drink your Meal Replacement Shake

WITH 2ND PACKET
take (3) Catalyst and (1-3) ThermoPlus



30 minutes later, eat food. Include protein in your food choice.



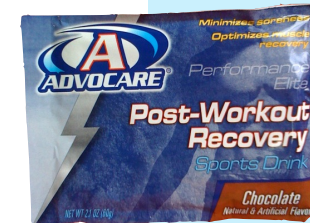
PROTEIN

PRODUCT INSTRUCTIONS

WORKOUT PRODUCT ROUTINE



MUSCLE FUEL
Drink 15 minutes before workout. Let "fizz" 3 minutes before drinking.



POST-WORKOUT RECOVERY SHAKE
Drink immediately after workout; within 30 minutes after workout.



NIGHTTIME RECOVERY
Take immediately before bed on an empty stomach EVERY NIGHT (not only on workout days.) Read label to see how many capsules to take according to your body weight.



DRINK SLIM
Mid-Afternoon; works on a full or empty stomach. If you have more SLIM on hand, drink one mid-morning as well.



DRINK SPARK
Whenever you feel mentally "groggy" or drained, on an empty stomach. You can have more than one per day.



DRINK A MUSCLE GAIN SHAKE
This is your mid-afternoon snack (approximately half-way between lunch and dinner.)