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Sample supplement schedule

How to Create A supplement schedule

Using this sample, you can create a professional supplement schedule. Here's how:

- 1 . **Insert your supplements** in place of these suggested supplements, using and/or re-arranging the preset samples and items.
- 2 . **Substitute** the actual times for whatever is more realistic for you.
- 3 . **Eat and eat a lot** there is no substitute for eating real wholesome foods. Our sample meal plan ensures you are getting some real food. Supplementation is just that.. to supplement an already good diet.

What Else Should I Know?

Please consult with your physician before beginning any exercise and nutrition program. These statements have not been evaluated by the FDA. Products on this site and representative sites are not intended to diagnose, treat, cure or prevent any disease.

Version 1.1

The fitness network

Sample supplementation plan

7:30 AM -Breakfast

- 3 [VasoStat](#)
- 2 [Multi-Vitamins](#)
- 2 [EFA Complex](#)
- 1 Joint Support
- 2 scoops [CytoSport Cyto Gainer](#)

6:30 PM -Dinner

- 2 [EFA Complex](#)

30 - 45 minutes before bed

- 2 scoops [CytoSport Cyto Gainer](#)

much like to know if we can improve this guide.

Recommend Resource:

Definition of Terms:

Joint Support for a Glucosamine and Chondroitin combination

[EFA Complex](#) is a basic Essential Fatty Acid combination

[CytoSport Muscle Milk](#) for high quality protein

Noon -Lunch

[Vitrin Multi-vitamins](#) for a multi-vitamin mineral complex

3:00 PM

- 2 Scoops of [Cytosport Muscle Milk](#)

[CytoSport Cyto Gainer](#) is a high quality, high calorie gainer formula

Pre-workout

- 2 scoops of [Cytosport Muscle Milk](#)

- 3 [VasoStat](#) (if training day)

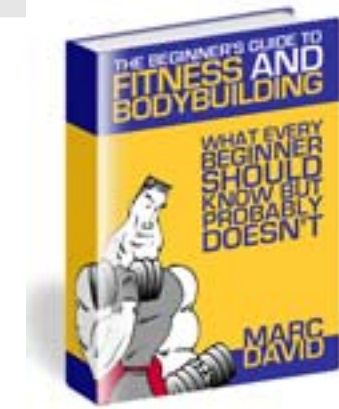
[VasoStat](#) by CytoSport as a muscle enhancing hemodialator

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Post-workout

- 2 scoops of [CytoSport Muscle Milk](#)
- 2.5 grams of Creatine

Do you have suggestions? Your own recommendations for a good basic supplement foundation? If so, contact us at <mailto:mrtd@freedomfly.net>. We'd very



[The Beginner's Guide to Fitness and Bodybuilding](#)

By Marc David

Price: \$19.99

BGFB is 190 pages of nutritional basics, training fundamentals, articles, links to resources, and many questions and answers that a beginner would have if first starting out in fitness and bodybuilding. It would take a person well over two (2) years to research the same information that can be found in this guide. One of the primary reasons for compiling this information was to dispel some myths of the industry, and give the beginner a great place to start their quest. BGFB saves the customer time and gives them a good reference for their fitness endeavors.