



- *Increase:
- Strength
 - Size
 - Performance

the PERFORMANCE ELITE CHALLENGE

CORE | PERFORM

core



- ✓ **CorePlex®**
- Each serving provides 36 vitamins, minerals and nutrients.*
 - Supports healthy muscle and connective tissue*
 - Contains antioxidants to help combat the effects of free radicals*
 - Supports healthy bone structure and growth*



- ✓ **OmegaPlex®**
- Superior source of omega-3 fatty acids*
 - Plays an important role in the transport of nutrients*
 - Omega-3s are essential for proper brain development*
 - Strengthened immune and cardiovascular systems*



- ✓ **Rehydrate**
- Superior electrolyte replacement.*
 - Aids in recovery by washing acid out of cells.*
 - Ideal 1:1 Potassium/Sodium ratio*
 - Less than 1/2 the carbs of other leading electrolyte drinks.*

perform



- ✓ **Catalyst™**
- Provides a blend of essential branched-chain amino acids and L-glutamine to supply your body with the muscle-building components it needs.*
 - Catalyst helps repair and protect muscle.*
 - Promotes lean body mass by providing the essential amino acids.*



- ✓ **Post-Workout Recovery**
- Helps minimize muscle soreness*
 - Optimizes muscle recovery*
 - Supports muscle metabolic processes*
 - Enhances physical performance and endurance*
 - Helps maintain and restore energy supplies during and after physical activity*
 - Supplies essential components for muscle repair*



- ✓ **Muscle Gain™**
- Contains 25 grams of high-grade, easily digestible protein per serving*
 - Provides nutritional support for increased muscle mass*
 - Enhances physical performance and endurance*
 - Supports enzyme production and muscle metabolic processes*



Items marked with ✓ are certified by INFORMED-CHOICE.
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CORE | PERFORM timeline

1 FUEL UP

- With BREAKFAST:** ➤ Take 2 **CorePlex®** with food. (12-14 years)
 ➤ Take 1-2 **OmegaPlex®** with food.

Meal Replacement Shake is an excellent breakfast shake.

- Take 3 **CorePlex®** with food. (15 years & up)
 ➤ Take 2 **OmegaPlex®** with food.

Meal Replacement Bar makes a great snack.

- 15 Minutes before WORKOUT:** ➤ Take 3 **Catalyst™**

2 KEEP UP

- During WORKOUT:** ➤ Drink **Rehydrate**.

3 RECOVER

- Immediately after WORKOUT:** ➤ Mix 1 Pouch of **Post-Workout Recovery** + 1 scoop (1/2 pouch) of **Muscle Gain™** with 14 oz water or beverage of your choice.

4 BUILD UP

- With DINNER:** ➤ Take 1-2 **OmegaPlex®** with food.
EVENING: ➤ 1 scoop (1/2 pouch) of **Muscle Gain™**



*18 Years and Older

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

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