



# **NICK JONES' PRE CONTEST SUPPLEMENTS**

***WE RESEARCH AND DEVELOP  
PRODUCTS WHICH HELP ATHLETES  
AND BODYBUILDERS GET BETTER  
RESULTS FROM THE TIME THEY SPEND  
EXERCISING!***

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<b>Before Cardio (Upon Rising)</b>	5g Glutamine 3g BCAA's 1g HMB (Anti Catabolics) 2g Alca Fuel 1g CLA 10ml Thermo Fuel (Fat Burners) 300mg CoQ10 (Energy and Health)
<b>Between Meals</b>	5g Creatine 5g Glutamine 1g AAKG 1g CLA 1g Vitamin C
<b>Before and During Training</b>	20g Nitric AAKG Fuel 20g Glutamine 10g Glycine 5g Creatine 5g Alca Fuel B Vitamins 2g Vitamin C Ionic Minerals 1g HMB 200mg CoQ10
<b>After Training</b>	20g Glutamine 5g Creatine 5g BCAA's 1g HMB 25mg Zinc 4g Vitamin C 1000IU Vitamin E
<b>20min before Afternoon Sleep and Bed Time</b>	3g AAKG 3g Tryptophan 25mg Zinc 10ml Ultimate Male Fuel 5ml Flaxeed Oil
<b>Before Bed</b>	3g Tryptophan 5g Glutamine 5g Creatine 3g AAKG 25mg Zinc 2g Vitamin C Magnesium Phosphate 10ml Ultimate Male Fuel CLA 1g Fish Oil