

# PEPTIDE SUPPORT CONDITION PROTOCOL

## Supplementation Regimen:

1 packet morning and night of the **Peptide Support Pak** starting 3 days before peptide therapy continuing through and for 4 weeks post therapy. You can take all 13 formulas separately but compliance is limited.

- **Muscle Rx**
- **E.F.A**
- **Opti-Nitric**
- **Probiotic**
- **Opti-Methyl B**
- **Opti-Mito Force**
- **DAK1K2**
- **NADH**
- **P-5-P**
- **Essential Protect**
- **Whole Food Resvatrol**
- **Zinc**

Once a day while on peptide therapy, take in 25 grams of a whey/collagen protein (**Optimal Collagen Plus**) that is pre-digested or at a minimum take a digestive enzyme with a different brand. If vegan or wanting a plant protein supplement, take **Optimal Complete Nutrition** to ensure that all the amino acids



## Nutrition Regimen:

At a minimum follow the 63 FOR ME or 21 Day Challenge eating guidelines along with the specifics for the peptides being researched.

**NOTE: IT IS EXTREMELY BENEFICIAL TO TAKE THE PEPTIDES ON AN EMPTY STOMACH.**

## Exercise Regimen:

A minimum of 45 minutes a day of aerobic and anaerobic exercise is highly recommended so that the body will have the stimulation to create and continue peptide formation for desired goals.