PROSTATE CONDITION PROTOCOL

Supplementation Regimen:

- Opti-T 2 twice daily at morning and night
- EFA 1 twice daily at morning and night
- NOS Performance Pak 1 packet daily



Right For You

BECAUSE IT'S MADE

FOR YOU



NOS
PERFORMANCE PAK
31 HEALTH PAKS

DISPENSER INSTRUCTIONS

Press along the perforation and push in the flap. Dispense packets.

Nutrition Regimen:

- Top Foods
- Cruciferous Vegetables (bok choy, kale, cauliflower, cabbage)
 - Tomatoes
 - o Berries, Berries, Berries and more Berries
 - Raw Nuts
 - Avocados
- 21 Day Challenge or 63 For Me

Exercise Regimen:

- HIIT 3x a week 8 minutes
- CIRCUIT TRAINING 20 minutes, 2-3 times per week