

# 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 Reservatrol*
- *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.