

MuscleTech \$50K Transformation Supplement Plan

MuscleTech Supplements (with function / amount)

Nitro-Tech Hardcore Powder: provide 20g of protein	2-3 scoops a day (12-18 per week)
Nitro-Tech Hardcore Bars: provide 30g of protein	1 bar daily (on diet days, 6 per week)

At the Half-way Point (around May 19)

Hydroxycut Hardcore: enhance fat loss	3 capsules 2x daily
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The Joint Saver Stack (with function / amount)

Glucosamine: anti-inflammatory; enhance joint repair	1500-2000mg daily divided in 2-3 doses
Chondroitin Sulfate: anti-inflammatory; enhance joint repair	800-1200mg daily divided in 2-3 doses
Methy-Sulfonyl-Methane (MSM): reduce arthritis pain, inflammation, improve tissue regeneration	500-4000mg daily

Notes: Glucosamine, Chondroitin Sulfate, Methy-Sulfonyl-Methane (MSM) are typically sold as a blend

Curcumin: (optional) antioxidant that decreases inflammation	250-500mg 2-3x daily
Hops Extract: (optional) anti-inflammatory; aid relaxation; enhance fat loss	200-400mg 1-3x daily
Fish Oil or Omega Compound : provide essential fatty acids; optimize hormone production; enhance joint repair; muscle growth and fat loss	2-10g daily
Vitamin C: antioxidant; enhance immune function	500-3000mg daily

Additional Nutrients

Daily Multivitamin: supply 100% of Reference Daily Intake	varies by label
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