

URBAN MUSCLE

Use this table as a guide for the best times to take any of your Urban Muscle supplements.

Urban Muscle Supplement Timetable		
Afternoon trainers (maximum dose)		
Time/Product	Dose	Use
<u>Upon Rising</u>		
Rampage	1 capsule	testosterone
LT4	4 tablets	fat loss
HEAT	4 capsules	fat loss
Flex	1 teaspoon	joints
Resurrect	1 scoop	recovery
L-Glutamine	1 scoop	recovery
<u>Mid Morning</u>		
Platinum Blend	1 scoop	lean muscle
or MaxOn	2 scoops	bulk
<u>Lunch -----</u>		
<u>Mid Afternoon</u>		
Platinum Blend	1 scoop	lean muscle
or MaxOn	2 scoops	bulk
<u>Pre-Training</u>		
Rampage	2 capsules	testosterone
LT4	4 tablets	fat loss
HEAT	4 capsules	fat loss
INCEL	1 scoop	creatine/nitric boost
Beta Alanine	1 scoop	muscle energy
<u>Post Training</u>		
Resurrect	1 scoop	recovery
Nectar of the Gods	2 scoops	recovery
or Platinum Blend	1 scoop	lean muscle
or MaxOn	2 scoops	bulk
L-Glutamine	1 scoop	recovery
<u>Before Bed</u>		
Platinum Blend	1 scoop	lean muscle
MaxOn	2 scoops	bulk
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