

	WORKOUT DAYS	NON-WORKOUT DAYS
A-HD™	1 CAPSULE IN THE MORNING WITH MEAL	1 CAPSULE IN THE MORNING WITH MEAL
SOLID™	1 CAPSULE IN THE MORNING WITH MEAL	1 CAPSULE IN THE MORNING WITH MEAL
PUMP-HD™	1 SCOOP 15-30 MINS PRIOR TO WORKOUT	
BLOX™	1 SCOOP EITHER INTRA OR POST WORKOUT	1 SCOOP ANY TIME OF THE DAY



SHAKER CUP
BE POWERFUL™
LARGE SIZE



TRAINING MANUAL
DIET, NUTRITION AND EXERCISE
TIPS

for and Distributed by:
Symantec, FL 33302.
Some events offer
in call: 854.826.8000 (tel
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*When combined with proper vehicle maintenance/engineered. Statements based on early-stage independent 3rd party in-vehicle and/or laboratory scientific research data/findings for

TEST SUPPORT

A-HD™
(Urine Concentrated Testosterone Support)
250mg
Dietary Supplement • 30 Capsules

HARDENING AGENT

SOLID
100mg
ACETYLCHOLINE
Hardening Agent
Dietary Supplement • 30 Capsules

Suggested Use: Take one (1) capsule daily, in the morning at the same time each day, or as directed by a qualified healthcare practitioner. Must be taken on a full stomach. For best results take four to eight (4-8) consecutive weeks (1-2 Cycles). A four (4) week break between cycles is recommended.

Suggested Use: Take one (1) capsule daily in the morning at the same time each day, or as directed by a qualified healthcare practitioner. Best if taken on a full stomach. For best results take four to eight (4-8) consecutive weeks (1-2 Cycles). An eight (8) week break between cycles is recommended.

Serving Size 1 Capsule, Amount Per Serving: *Wolffia* (seed) 25 mg (12.5% DV), **A-H-D® Proprietary Blend** 250mg. *Safflower* (*Carthamus tinctorius*) (seed) (TQ), *Flax* (*Linum catharticum*) (seed) (TQ), *Ginger* (*Zingiber officinale*) (seed) (TQ), **Phytochemical Complex Blend** 300mg. *Indian ginseng* (*Panaxacopum ginseng*) (perisperm) (heat-treated) (TQ), *Turmeric* (*Curcuma longa* - curcumin) (perisperm) (TQ), *Garden of Eatin' cardamom* - *Elettaria* (leaf) (TQ), *Propolis* (*Baccharis acid phenolic*) (seed) (TQ). *Daily Intake (DI) not established.

Other Ingredients: Lactate, microcrystalline cellulose, silica, Caplacare amaranth (a cellulose (as ethyl cellulose)), (hydroxy) (wax), magnesium stearate, stearic acid, FD&C No. 1, and titanium dioxide.

Warnings: Not intended for use by persons under age 18. Do not exceed recommended dose. Do not take for more than eight (8) consecutive weeks. Get the consent of a licensed physician before using this product, especially if you are taking medication or have medical condition. This product should not be taken by women/Do not take if you are pregnant, lactating or trying to become pregnant. **KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.**

Serving Size 1 Capsule. Amount Per Serving **SOLID™ Proprietary Blend** 100mg: Palmyra palm (*Sarcosasis andropogon*) (germinating shoot) (DV), Wild garlic (*Tillaghtia violacea* Ranc) (leaf and rhizome) (DV), Bermuda grass (*Cynodon dactylon*) (aerial) (DV).

Other Ingredients: Gelatin, microcrystalline cellulose, silica, magnesium stearate, FD&C Blue No. 1, FD&C Red No. 40, and FD&C Yellow No. 5.

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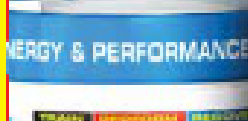
"Any time I prep for a show, or a magazine photo-shoot, I have to make sure my training, diet and supplement regimen is 100% on point. Having the right supplementation program, with the highest quality products, is just as important to me as it is to you. These four products in the CHAMPION STACK are critical for me achieving a contest-ready lean, dense, muscular physique."

- **PUMP-HD™**: Pre-Workout Formula*
- **BLOX™**: Performance Based Amino Acid Drink Mix*
- **A-HD™**: Ultra Concentrated Testosterone Support*
- **SOLID™**: Hardening Agent*

This multi-layer stack covers everything you need for your muscle and strength building program. Walk into the gym with the same tools, for awe-inspiring muscularity, that a Champion uses.

FREE TRAINING KIT
GET BACK PANEL FOR DETAILS...

Jay Cutler



TO BE USED IN CONJUNCTION WITH

- MUSCLE BUILDING PROGRAMS[†]
- STRENGTH & POWER TRAINING[†]
- ANABOLIC & ANDROGENIC PROTOCOLS

**DIETARY SUPPLEMENT**

PRE-WORKOUT

PUMP-HD
ULTIMATE PRE-WORKOUT FORMULA

30 SERVINGS

Suggested Use: Take one (1) scoop (approximately 15-30 minutes prior to training, blended into 8-16 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner.

POST-WORKOUT

BLOX
HYDRATION & RECOVERY FORMULA

30 SERVINGS

Suggested Use: Take one (1) serving (1 scoop) blended into 16 oz of ice cold water, either before, during, or after workout, or as directed by a qualified healthcare practitioner. On non-training days, take one (1) serving (1 scoop) first thing in the morning, on an empty stomach, or as directed by a qualified healthcare practitioner.

Serving Size 1 Scoop (1.1 grams)	
Servings Per Container 38	
Amount Per Serving	% Daily Value
Moisture (as moisture added)	38 mg 158%
ELECTROLYTE MATRIX	
Sodium (as trihydrate phosphate)	38 mg 2%
Magnesium (as dimagnesium phosphate)	12 mg 3%
Manganese (as manganese gluconate)	3 mg 198%
Potassium (as dipotassium phosphate)	99 mg 2%
Creatine (as creatine monohydrate)	2,000 mg ***
Ascorbic Acid (as L-ascorbic acid)	1,000 mg ***
Isola Stearic Acid (Eucerin®)	1,000 mg ***
Glycerol (as glycerol monodecyl ether)	1,000 mg ***
Glycerol	1,000 mg ***
L-Leucine	1,000 mg ***
PUMP-4®** Matrix (diabetes fruit, zinc and red wine concentrates)	1,000 mg ***
PROFESSIONAL ENDURANCE AND RECOVERY BLEND (Proprietary)	1,320 mg ***
Isola Stearic Acid	***
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	***
L-Proline (as N-acetyl-L-proline)	***
Caffeine (as caffeine anhydrous)	***
Paracetamol (Paracetamol crystalline powder)	***
Isobutane (Isobutane polymer (Isobutane))	***
L-Asparagine (as L-asparagine alpha isomer)	***

*** Daily Value not established.

Other Ingredients: Gum arabic, natural and artificial flavors, citric acid, sucralose, malic acid, silica, acetylsalicylic acid, FD&C Yellow No. 5, and FD&C Red No. 40.

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Caffeine warning: The recommended serving of this product contains approximately 100 mg of caffeine. Do not consume caffeine, or combine with sympathomimetics, including but not limited to coffee, tea, soda and other dietary supplements containing sympathomimetics or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience jitteriness, severe headache, rapid heartbeat or shortness of breath.

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Amount Per Serving		% Daily Value
RNA SEQUENCES PROTEINS*		3,980 mg
L-glutamine		***
Glycine		***
L-serine		***
L-valine		***
L-threonine		***

* ** Daily Value not established.

Other Ingredients: Turbine, citric acid, silica, natural and artificial flavors, xanthan gum, sucralose, and FD&C Blue No. 1.



TRAIN[®] PERFORMANCE[®] RECOVER[®]

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Keynote