



PRODUCTS AT A GLANCE

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Timing is everything	Pharma-Greens	Ultra-Durance	Hydra-Durance	Glyco-Durance	Endurance 5:1	Amino-Durance	Electro-Durance	Pharma-Pure	Whey-Pure	Vegan-Pure	Whey-Pure Energy	Vegan-Pure Energy	Rehab 3:1	L-Carnitine	JumpStart TR	Immuno-Durance	Test Matrix
Daily Maintenance	✓	✓	✓											✓	✓	✓	✓
Upon Waking in the morning	✓	✓						✓	✓	✓	✓	✓		✓		✓	
Boost Protein requirement								✓	✓	✓	✓	✓	✓				
2-3 hours Pre Race/ Training			✓	✓	✓		✓	✓	✓	✓	✓	✓			✓		
30 min before Race/ Training Start			✓	✓	✓												
Race/Training/ Gym >90min			✓			✓	✓								✓		
Race/ Training >3hrs			✓	✓	✓		✓										
Race/ Training <3hrs			✓	✓	✓	✓	✓										
Recovery	✓	✓	✓		✓	✓	✓	✓	✓	✓			✓			✓	
Before Bed		✓							✓	✓			✓				✓