

FIGHT LABS™ PRODUCT INSTRUCTIONS

Typical Training Day would be as follows

Take 2 Invincible 30 minutes before training. May stack 1 capsule of Adrenaline XR if desired.
 Drink 1 serving of Recovery Unleashed on the way to the gym.
 Drink 1 serving of Pure Recovery immediately after training.
 Drink 1 serving of Recombinant Protein within 20-30 minutes after training.

All the pre/post workout drinks and capsule products can be taken together.

INVINCIBLE
 PERFORMANCE/RECOVERY
 NITRIC OXIDE/ANTI-CATABOLIC

Take 2 capsules 30 minutes before training.
 You may combine with all other Fight Labs products.



FREEDOM
 JOINT TENDON LIGAMENT

Take 2 capsules daily preferably with a meal.
 Loading dose of 3 capsules daily for 5 days may be given post injury.



PRIDE
 TESTOSTERONE
 ANABOLIC SUPPORT

Take 3 capsules daily in divided dose (morning/noon/afternoon).
 Do not take late in the evening.
 May take for extended periods without cycling off. You may drop down to 2 capsules per day on the second bottle.



ESTRO-TEST
 TESTOSTERONE SUPPORT

Take 1 capsule 2 times daily (morning/afternoon).
 May be taken with food. Do not take in the late evening before bed.
 Use as Post Cycle Therapy or stand alone natural testosterone booster.



ADRENALINE XR
 PRE-TRAINING STIMULANT

Take 1 capsule 45-60 minutes before training.
 Do not take late in the day as it may keep you up.
 Active for 5-7 hours. If training in the evening then take in the afternoon.
 May stack with Agmatine Q10 and Recovery Unleashed.



AGMATINE Q10
 PRE-TRAINING NITRIC OXIDE/
 CARDIAC SUPPORT

Take 2 capsules 45-60 minutes before training.
 May stack with Adrenaline XR and Recovery Unleashed for pre-training.



LIVER KICK
 LIVER SUPPORT

Take 3 capsules daily when convenient.
 May be taken at the same time.



PURE RECOVERY
 POST-TRAINING RECOVERY

Mix 1 scoop with 6-8oz of water and consume immediately after training.
 May combine with Vanilla Recombinant Protein for post training.
 Tastes like a Creamsicle when mixed together.



RECOMBINANT
 HYDROLYZED WHEY PROTEIN

Mix 1 scoop with 6-8oz of water.
 Best to take in the morning and after training.
 Vanilla Recombinant tastes great in any fruit or greens based smoothie.



UNLEASHED
 PRE-TRAINING & RECOVERY

Mix 1 scoop with 6-8oz of water and consume 15-20 minutes before training.
 Take on heavy training days, not days off.
 May stack with Agmatine Q10, Adrenaline XR and Invincible.



MULTIVITAMIN
 ESSENTIAL MINERALS

1 oz daily, may be taken with food.
 May be mixed with juice or water. Shake Well. Some settling is normal.
 Refrigerate after opening.

