

How Do You Get **AMPED**?

No matter how you get AMPED™, the **Custom Performance System** will give you the freedom to pick and choose the products that fit your needs. Here are some suggestions for a pre-, mid-, and post-workout routine with your AMPED products.



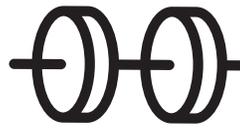
Endurance

Endurance athletes train for marathons, triathlons, bicycle tours, and even an Ironman. Their workouts can last several hours, and they need more carbohydrates to stay fueled during exercise and recovery products to help reduce muscle breakdown.



Build Muscle Mass

Bodybuilders focus on building lean muscle mass and rely on a high-protein diet for both building and recovery. Pre-workout products help kick-start and sustain weight training while post-workout products help muscles recover.



Strength & Resistance

Athletes need strength and agility to perform at a high level and use resistance training to develop their strength. They require high-protein diets and pre-workout supplements to support strength and healthy blood flow during training.



Everyday Active

Everyday active adults are people who want to get in better shape and stay fit. They need a pre-workout boost before workouts, plenty of hydration during, and post-workout products to help recover after exercise.

PRE-WORKOUT



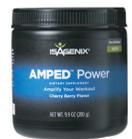
AMPED NOx



AMPED Power



AMPED NOx



AMPED Power



AMPED Power



e+™



AMPED Power



e+

MID-WORKOUT



Replenish™



Replenish



Replenish



Replenish



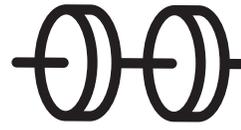
AMPED Fuel



Endurance



Build Muscle Mass



Strength & Resistance



Everyday Active

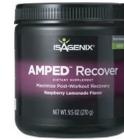
POST-WORKOUT



AMPED Recover



AMPED Recover



AMPED Recover



AMPED Recover



IsaLean PRO Shake



IsaPro®



IsaLean PRO Shake



Ionix® Supreme

ADDITIONAL OPTIONS



Joint & Pain Relief System



IsaLean PRO Shake



IsaPro



IsaLean PRO Shake



Ageless Essentials™ Daily Pack



Ionix Supreme



e+



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Ionix Supreme



Ageless Essentials Daily Pack