



# MAXIMUM PERFORMANCE

Take 1 stick of GO Nitrimax daily in 4-8 ounces of water. For best results take before going to sleep at night. GO Nitrimax can also be used as a pre or post workout drink.

Drink at least 1 stick of Green2o, dissolved in water, for healthy alkaline hydration and to replenish important trace minerals and antioxidants.

Take 1 serving of LIVPro15 to give you the protein you need after your workout.

