



ULTIMATE EDGE

Take 1-2 capsules of Ultimate Edge in the morning.

Take 1 stick of GO Nitrimax daily in 4-8 ounces of water. For best results take before going to sleep at night.

Take 2 capsules of LIV Smart either first thing in the morning or at night before going to bed. Included in LIV Smart are key heart healthy nutrients like magnesium, Co-Q10 and vitamin E.

Stay hydrated. Drink at least 1 stick of Green20 dissolved in water for healthy alkaline hydration and to replenish important trace minerals and antioxidants.

