



Formula 7

MY PERSONAL SUPPLEMENTATION STRATEGY

1. CORE SUPPLEMENTS

"Important Daily Supplements for General Health."

2. FUNCTIONAL SUPPLEMENTS

"I don't NEED these, but they help!"

3. PERFORMANCE SUPPLEMENTS

"These help me perform better, pre-workout, intra-workout and post-workout."

4. AGE AND GENDER SPECIFIC SUPPLEMENTS

"Those that are personalized to my age and gender."