

# ATHLETE PLAN

## Daily

### PRODUCTS:

Can't Beet This!  
+ MVP Sport +  
Super Amino 23 +  
Super Xanthin.

Activate a fast and smooth recovery. This pre- and post-workout system is designed for you and your workout preference. Depending on when you work out and how hard you go, our flexible plan can help you any time of day.

The more you burn, the more your appetite demands. Instead of grabbing something processed, why not reward your body with real food? Healthy foods can be convenient, but prep is key and a little creativity helps too! Purium's blog can help with recipe inspiration, [blog.puriumcorp.com](http://blog.puriumcorp.com).

### PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help support muscles.

**30 minutes  
before workout**

**Can't Beet This!** - 1-2 scoops mixed with water or a Flex Beverage  
**Super Amino 23** - 5 tablets  
**Super Xanthin** - 1 capsule

1 scoop of Can't BEET This! for non-workout/light workout days.  
2 scoops to amp-up for long, hard workouts.

### POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

**0-30 minutes  
after workout**

**MVP Sport** (Chocolate or Vanilla) 1-2 scoops mixed with water or a Flex Beverage

1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.