

ATHLETIC NUTRITION



Biotics Research is pleased to be a proud sponsor of the Foundation for Chiropractic Progress, which has launched the **Athletic TIPS™** Initiative. This initiative brings greater awareness of chiropractic care to patients who participate in physical activity.



Aerobic/Endurance Training						
Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Amino Acid Quick-Sorb™</i>	-	-	-	20 gtt	-	-
<i>Bio-B Complex™ and OOrganik-15™</i>	-	-	-	3-6	-	-
<i>Bio-Multi Plus™</i>	1	1	1	-	-	-
<i>BioProtect™</i>	2	-	-	2	2	-
<i>ChondroSamine Plus®</i>	1-2	1-2	1-2	-	-	-



Weight Training						
Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Amino Sport™ and Bio-B Complex™</i>	-	-	-	1	-	-
<i>Gammanol Forte™</i>	-	-	-	2	2	2
<i>Amino Sport™</i>	-	-	-	2	2	-
<i>Bio-Multi Plus™</i>	1	1	1	-	-	-



Intense Weight Training - Men						
Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Amino Sport™ and Bio-B Complex™</i>	-	-	-	1	-	-
<i>Amino Sport™</i>	-	-	-	3-5	3-5	-
<i>Cytozyme Orchic™</i>	1	-	1	-	-	-
<i>Gammanol Forte™</i>	-	-	-	3-4	3-4	3-4
<i>b-VITAL®</i>	2	-	2	-	-	-
<i>Bio-Multi Plus™</i>	1-2	1-2	1-2	-	-	-
<i>ChondroSamine Plus® (or S™)</i>	2	2	2	-	-	-



Weight Training - Women						
Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Amino Sport™ and Bio-B Complex™</i>	-	-	-	1	-	-
<i>Amino Sport™</i>	-	-	-	1-3	1-3	-
<i>Gammanol Forte™</i>	-	-	-	1-3	1-3	1-3
<i>Equi-Fem™</i>	1-2	1-2	1-2	-	-	-
For Intensive Training add:						
<i>b-VITAL®</i>	1	-	1	-	-	-
<i>ChondroSamine Plus®</i>	1-2	1-2	1-2	-	-	-

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Olympic & Powerlifting - Men

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Bio-Multi Plus™</i>	1-2	1-2	1-2	-	-	-
<i>Amino Sport™</i>	-	-	-	3-4	3-4	3-4
<i>Cytozyme-M™</i>	2	2	2	-	-	-
<i>Gammanol Forte™</i>	2	-	-	3-4	3-4	3-4
<i>Cytozyme Orchic™</i>	1	-	1	-	-	-
<i>ChondroSamine Plus®</i>	3	3	3	-	-	-
<i>b-VITAL®</i>	2	-	2	-	-	-
<i>Bio-B Complex™ and OOrganik-15™</i>	-	-	3	-	-	-



Olympic & Powerlifting - Women

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Equi-Fem™</i>	2	2	2	-	-	-
<i>Amino Sport™</i>	-	-	-	3	3	-
<i>Cytozyme-F™</i>	2	2	2	-	-	-
<i>Gammanol Forte™</i>	-	-	-	2	2	2
<i>ChondroSamine Plus®</i>	-	-	-	2	-	-
<i>b-VITAL®</i>	1	-	1	-	-	-
<i>Bio-B Complex™ and OOrganik-15™</i>	-	-	3	-	-	-



Court & Skill Sports

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Amino Sport™ and Bio-B Complex™</i>	-	-	-	1	-	-
<i>ChondroSamine Plus®</i>	1-2	1-2	1-2	-	-	-
<i>Bio-B Complex™ and OOrganik-15™</i>	2	2	2	-	-	-
<i>Intenzyme Forte™ or Bromelain Plus CLA™</i>	-	-	-	5	5	-
<i>Bio-Multi Plus™</i>	-	1	1	-	-	-
<i>Amino Acid Quick-Sorb™</i>	-	-	3	-	-	-



Musculoskeletal System Support

Product	Breakfast	Lunch	Dinner	Before Exercise	After Exercise	Before Bed
<i>Amino Sport™ and ProMulti-Plus®</i>	1	-	1	-	-	-
<i>ChondroSamine Plus®</i>	1-2	1-2	1-2	-	-	-
<i>Intenzyme Forte™ or Bromelain Plus CLA™</i>	-	-	-	5	5	-
<i>BioProtect™</i>	1-2	1-2	1-2	-	-	-

5 three times a day, before or three hours after meals.

 **BIOTICS**
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Biotics Research Canada
(800) 840-1676
orders@bioticscan.com
www.bioticscan.com

