

At a Glance

Timing is everything	Pharma-Greens	Ultra-Durance	Pharma-Pure	Pharma-Whey	Vegan-Pure	Diet-Whey	Diet VeganPure	Wired Pre Workout	Glyco-Durance	Endurance 5:1	Battery	Electro-Durance	Amino-Durance	Rehab 3:1	L Carnitine	Fat Catalyst	Vector 450	Test Matrix
Daily Maintenance	✓	✓									✓				✓	✓	✓	✓
Upon Waking in the morning	✓	✓	✓	✓	✓	✓	✓								✓		✓	
Boost Protein requirement			✓	✓	✓	✓	✓							✓				
2-3 hours Pre Race/ Training			✓	✓	✓	✓	✓		✓	✓	✓	✓				✓		
30 min before Race/ Training Start								✓	✓	✓	✓							
Race/Training/ Gym >90min								✓			✓	✓	✓			✓		
Race/ Training >3hrs								✓	✓	✓	✓	✓						
Race/ Training <3hrs								✓	✓	✓	✓	✓	✓					
Recovery	✓	✓	✓	✓	✓					✓	✓	✓	✓	✓			✓	
Before Bed		✓		✓	✓									✓				✓

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