

# PERFORMANCE ELITE TIMELINE

## CUSTOMIZE YOUR WORKOUTS

Not everyone follows the same workout routine or participates in the same activities – that’s why the products in the Performance Elite line can be taken according to your activity level and fitness goals.



All Items on this page are certified by INFORMED-CHOICE.



	Lower intensity weight lifting, cardio or a fitness class	Endurance-based cardio workout	Higher intensity strength and conditioning
60 minutes before workout	<b>FITNESS</b> O <sub>2</sub> Gold®	<b>ENDURANCE</b> O <sub>2</sub> Gold® VO <sub>2</sub> Prime™	<b>POWER</b> Muscle Strength™ VO <sub>2</sub> Prime™
30 minutes before workout		Arginine Extreme	AdvoCare® Muscle Fuel Mass Impact®
During workout	BioCharge®	BioCharge® Rehydrate Gel	BioCharge®
Immediately post workout	Muscle Gain™	Post-Workout Recovery	Post-Workout Recovery
Nighttime	Nighttime Recovery	Nighttime Recovery	Nighttime Recovery
Ongoing or between meals	Pro 20®, Muscle Gain™		