SUPPLEMENT GUIDE

SFH.COM

NO ANTIBIOTICS • NO HORMONES • NO SOY LECITHIN • NO GLUTEN • NON GMO • NO ARTIFICIAL FLAVORS

WHEN?	WHAT?
AM	**PURE** OR **FUEL** + ADD **STRONG** Quick and healthy protein supplement with breakfast.
PRE Workout	**PUSH** OR **FUEL** 30-60 min. before exercise.
POST Workout	**RECOVERY** + ADD **STRONG** Within 1 hour of exercise.
PM	**PURE** OR **FUEL** Before bed or anytime snack.
Daily Anytime	**OMEGA-3** Minimum 1 tsp. every day.

PURE

PURE is a quick digesting concentrate that provides a number of benefits including sports nutrition, weight management, immune support, bone health, and general wellness.

FUEL

FUEL is a complete "anytime" protein containing coconut fat (MCTs) and apple pectin (a mixture of medium glycemic carbohydrates in a matrix of natural fiber).

RECOVERY

RECOVERY is designed to help rapidly recover cellular energy stores (ATP), maintain healthy joints and flexibility and decrease the negative effects of free radical oxidants.

PUSH

PUSH stimulates drive and focus for demanding training; providing energy, endurance enhancers, hydration, antioxidant protection and BCAAs for protein synthesis.

STRONG

STRONG is a powerful combination of serum protein concentrate (SPC), creatine and glutamine that helps build lean muscle mass and restores and sustains energy levels.

SO³ or SO³+D3 or WSO³

OMEGA-3 fatty acids are essential nutrients to the human body. EPA & DHA may have a positive effect on our bodies, decreasing inflammation and improving recovery time.