

## **Football Competitive Athlete Supplement Stack**

**ActiveMV**  
**SuperOmega-3**  
**AminoBoostXXL**

**WheySmooth**  
**NO7Rage**  
**CreatineXXL**

### **How to Use the Football Stack**

#### **ActiveMV: Multivitamin mineral formula**

- Take 2 daily: 1 immediately following first large meal, and 1 following the last large meal of day

#### **SuperOmega-3**

- Take 1 daily with large meal if not consuming 2-4 svgs/wk of fatty fish

#### **AminoBoostXXL**

- Pre-Workout: Take 1-2 scoops ~10min before workout. May continue to drink during first 20min of workout
- Post-Workout: Take 2 scoops immediately following workout

#### **WheySmooth** (substitute FirstString within allowed daily calories for more active athletes)

- Pre-Workout: Take 2 scoops 30-45min before workout or use favorite dotFIT® bar for convenience
- Post-Workout: Take 2 scoops 20-30min after post-workout AminoBoostXXL dose
- Use anytime throughout the day to add protein as needed, but stay within calorie allotment

#### **NO7Rage**

- Take 1-2.5 scoops (depending caffeine sensitivity – start with 1 and move to 2) ~10min before workout
- May mix with Pre-Workout AminoBoostXXL and continue to consume during initial 20min of workout

#### **CreatineXXL**

- Workout Days: 8 capsules with post-workout WheySmooth shake, and split another 8 capsules (e.g. 4 & 4) evenly throughout the day with carbohydrate containing meals
- Non-workout Days: 16 capsules split throughout the day with meals (e.g. 8 with breakfast and 8 with dinner)
- For best results, always take with a meal or shake containing carbohydrates