

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	FITNESS O ₂ Gold [®]	ENDURANCE O ₂ Gold [®] VO ₂ Prime [™]	POWER Muscle Strength [™] VO ₂ Prime [™]
30 minutes before workout		Arginine Extreme	AdvoCare Muscle Fuel [®] Mass Impact [®]
During workout	Biocharge [®]	Biocharge [®]	Biocharge [®]
Immediately post workout	BodyLean25 [™]	Biocharge [®] Rehydrate Gel	Post-Workout Recovery
Nighttime	Nighttime Recovery	Post-Workout Recovery	Nighttime Recovery
Ongoing or between meals	Pro 20 [®] BodyLean25 [™]		