



SPORT

All items on this page are certified by INFORMED-CHOICE

SPORTS PERFORMANCE TIMELINE

CUSTOMIZE YOUR WORKOUTS

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

	FITNESS	ENDURANCE	POWER
60 minutes before workout	O ₂ GOLD®	O ₂ GOLD®	MUSCLE STRENGTH™
30 minutes before workout	PRE WORKOUT	ARGININE EXTREME®	BIOFUEL® MASS IMPACT®
during workout	BIOCHARGE®	BIOCHARGE® REHYDRATE GEL	BIOCHARGE®
immediately post workout	BODYLEAN25®	POST-WORKOUT RECOVERY	POST-WORKOUT RECOVERY
nighttime	NIGHTTIME RECOVERY	NIGHTTIME RECOVERY	NIGHTTIME RECOVERY
ongoing or between meals	BODYLEAN25®		ADVOCARE CATALYST®

Check with your healthcare provider before beginning an AdvoCare product regimen.