

TYPICAL OCT PROGRAM (8-12 WEEKS)

TESTOSTERONE SUPPORT:

- ✓ Vitamin D 3000 IU/day
- ✓ Calcium 500 mg/day
- ✓ Zinc Sulphate 250 mg/day
- ✓ D-Aspartic Acid 3.2 g/day

MUSCLE CELL RE-SENSITIZATION:

- ✓ Arachidonic Acid 250 mg/day
- ✓ Fish Oil 2 g/day

ANABOLIC SUPPLEMENTATION:

- ✓ Creatine 5 g/day
- ✓ Beta-Alanine 3-6 g/day