

How to Design a Personalized Supplement Regimen to Meet Your Goals and Budget

START: Choose the profile that best matches your goal.

ESSENTIAL (#1's) : Supplements listed as number "1" under your goal profile should form the foundation of your supplement plan. If 1a and 1b (or 1c) are listed choose one, or more for variety.

ADVANCED (#2's): Add #2's to Essentials if your budget allows. If 2a and 2b are listed, choose one or both.

COMPREHENSIVE (#3's): Add the #3's to your Essential and Advanced supplements.

MAXIMUM (#4's): For those who "want it all", add #4's for a complete supplement strategy to achieve your goal.

Females							
Goal Emphasis	Active Female Shape-Up	Beach Body	Toned Athletic Physique	Fit 45+	Womens Physique Shape & Muscle	Figure Pre-Contest	Bikini Pre-Contest
UMP	1	1a	1a	1	1a	1	1
Muscle Provider		1b	1b		1b		
Provosyn			1c		1c		
Creatine Select				4a	2		
Glutamine Select	3a	3a	2	3		2	2
Mass Aminos					3	3	
Ultra 40					3	3	
Lean Out	2	2	3	2		1	1
7 Keto MuscLEAN		2		3		1	1
Density			3			3	2
Quadracarn				1	2		
Muscle Synergy				4b	4		
Muscularity	3b	3b				2	2
GH Factor				2		4	
Energy Reserve		4	4			3	3
Fit Tabs / EFA Gold	1	1	1	1	1	1	1

Goal Emphasis	Males who primarily want to build muscle while losing stored fat					Pre-Contest	
	Increased Muscle Size	Emphasis on Fat Loss	Maximum Strength and Size	Athletic Improvement	50 & UP	Mens Physique	Mens Bodybuilding
UMP	1a	1	1b	1a	1a	1	1
Muscle Provider	1c		1c			1a	1a
Provosyn	1b		1a	1b	1b	1b	1b
Mass Maker Ultra			1	1c			
Creatine Select	2	3	2	2	2		1
Glutamine Select	4	3		2	3	1	1
Mass Aminos	3		3			2	3
Ultra 40	3		3			2	3
Lean Out		2				1	2
7 Keto MuscLEAN		2				1	2
Density		4			3	3	2
Quadracarn	1	1	4		1	1	1
Muscularity		4				3	4
Muscle Synergy	4		4	3	4	4	4
Super Pak / Fit Tabs	1	1	1	1	1	1	1

Need More Help? Email bevnut@beverlyinternational.net or call 800-781-3475. Our expert supplement advisors are here to help you.