

Fitness/Muscle Building Stack



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

MT. Capra Grass-Fed Goat Milk Protein Powder

Take 3-4 scoops daily. Has both casein and whey protein for muscle growth and retention.

Creatine

Take 5 grams daily. Great for lean body mass, cognition, cellular energy production and injury prevention.

Amino Complex powder lemon

Take 1 scoop daily. Support muscle repair and recovery, reduce muscle soreness, increase energy production, while promoting healthy blood sugar. Supports cardiovascular and connective tissue health.

Renual

Take 2 capsules twice a day (4 in total) Helps to power muscle function, increase cellular energy and promote healthy aging.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.