Date Created: May 21, 2019



SHRED SUPPLEMENT GUIDE

TIME	SUPPLEMENT	WHERE TO FIND ALL THE SUPPLEMENTS		
Take both	1scoop LIPOCIDE X			
first thing in	(fat burner)			
the	+			
am/empty	1scoop	FOR A 15% DISCOUNT USE MY LINK BELOW AND		
stomach (20-	CARNIGEN+CAFFEINE	USE THE CODE: EVOGENELITE		
30min before	(carnitine)			
fasted cardio		HIT THE LINK IN MY INSTAGRAM BIO (@devinbernardo) AND THEN CLICK ON THE		
or breakfast)		"EVOGEN SUPPLEMENTS LINK"		
Take 1 tablet	1tablet of EVOVITE			
with	(multivitamin)/serving	OR		
breakfast		-		
and dinner		COPY AND PASTE THIS LINK INTO A WEB		
Take all 3	1-2scoops EVP	BROWSER/ADRESS BAR AND USE THE CODE:		
together 20-	XTREME N.O. (Pre-	EVOGENELITE		
30min before	workout)	https://www.evogennutrition.com/?a aid=devin		
weight	+			
training on	1scoop Cell K.E.M			
empty-lightly	(pump maximizer)			
full stomach	+			
	1scoop			
	CARNIGEN+CAFFEINE			
	(carnitine)			
	+			
	EVP AQ (muscle			
Post-	volumizer)			
Workout	1-2scoops EVOFUSION OR ISOJECT (protein			
	powder)			
(Immediately after	powderj			
training)				
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BULK SUPPLEMENT GUIDE

TIME	SUPPLEMENT	WHERE TO FIND ALL THE SUPPLEMENTS
Take 1 tablet with breakfast and dinner Take all 3 together 20-	1Tablet of EVOVITE (multivitamin)/serving 1-2scoops EVP XTREME N.O. (Pre-	FOR A 15% DISCOUNT USE MY LINK BELOW AND USE THE CODE: EVOGENELITE HIT THE LINK IN MY INSTAGRAM BIO (@devinbernardo) AND THEN CLICK ON THE
30min before weight training on empty- moderately full stomach	workout) + 1scoop Cell K.E.M (pump maximizer) + 1scoop EVOGEN CREATINE ESSENTIALS (creatine) + EVP AQ (muscle volumizer)	"EVOGEN SUPPLEMENTS LINK" OR COPY AND PASTE THIS LINK INTO A WEB BROWSER/ADRESS BAR AND USE THE CODE: EVOGENELITE https://www.evogennutrition.com/?a_aid=devin
Post-Workout (Immediately after training) Sip between meals/while training	1-2scoop EVOFUSION OR ISOJECT (protein powder) AMINOJECT 1-2scoops daily	