

SUPPLEMENT GUIDE



OKON

OKON FITNESS RECOMMENDED SUPPLEMENTS:

DAILY ESSENTIALS



Overall Benefits: This is the foundational daily stack. This daily stack gives you the tools to fuel your body with proper nutrients and stay consistent with nutrition. You will also be able to fuel your body pre and post workout with the Phormula-1 protein powder.

BUY NOW



OKON FITNESS RECOMMENDED SUPPLEMENTS:

OPTI-GREENS 50:

Has all the minerals from fruits and vegetables that we should be getting but don't eat. Helps with energy, bowel movement, digestion and bloating.

My process of using it:

Add 2 scoops to 8 ounces cold water or juice and mix well. For best results, drink immediately after mixing and have 1 or more servings daily.



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PHORMULA-1:

Maximum Assimilation and Amino Acid Retention Speeds-Up Muscle Repair and Growth. This is a quick absorbable pure whey isolate protein. Phormula-1 provides an ultra bio-available, rapid assimilation protein source that is ideal for proper post-workout nutrition.

My process of using it:

Phormula-1 was formulated specifically to work in tandem with **Ignition** for ideal recovery and muscle tissue repair after periods of moderate or intense training. Be sure to track the carb intake from ignition as part of your daily macro intake.

As a pre-workout shake, take ½ scoop Phormula-1, with ¼ scoop Ignition

As a post-workout shake, take 1 scoop Phormula-1, with ½ scoop Ignition



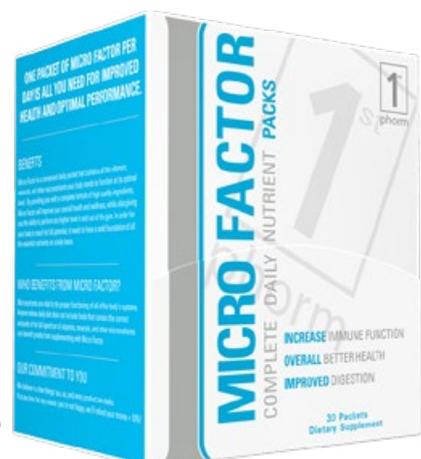
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MICRO-FACTOR:

Micro Factor provides your body with the full spectrum of nutrients it needs for overall healthy operation, to perform at its peak, and recover properly. Make Micro Factor priority #1 and be rewarded with all the benefits. With every packet of Micro Factor you get the nutrients of 6 different supplements!

My process of using it:

Micro-Factor is a daily vitamin pack. Take first thing in the am with a meal.



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OKON FITNESS RECOMMENDED SUPPLEMENTS:

BASIC TRAINING STACK



Overall Benefits: This is the foundation stack. On one hand, the Basic Training stack gives you the tools to fuel your body with proper nutrients and stay consistent with nutrition. On the other hand, you have the tools to maximize your workouts with proper pre and post workout supplements. Excuses are eliminated by purchasing the Basic Training Stack, all you have to do is put in the work!

BUY NOW

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My process of using it:

Micro-Factor is a daily vitamin pack. Take first thing in the am with a meal.



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IGNITION:

Replenishes Glycogen Stores, Improves Muscle Stamina, Spikes Insulin, Ignites Muscle Growth

My process of using it:

Micro-Factor is a daily vitamin pack. Take first thing in the am with a meal.



[BUY NOW](#)



OKON FITNESS RECOMMENDED SUPPLEMENTS:

LEVEL-1:

Delivers Sustained Assimilation, Prevents Muscle Break-Down, Promotes Muscle Repair and Growth. Level-1 is also rich in glutamine and has over 5 grams of BCAA per scoop! BCAAs are the "do-everything" amino acids so important to muscle. They are anti-catabolic, which means they help prevent too much breakdown of muscle while also being THE triggers which turn on muscle growth while also being available as a valuable fuel source for your muscles in times of need. This protein is a sustained assimilation that will keep you full longer than a maximum assimilation protein, like Phormula-1.

My process of using it:

Level-1 is meant to be used in a meal throughout the day. Mix one scoop with 8-16oz of water or almond milk and enjoy! It can also be added to oats, or blended with ice to create a healthy ice cream!



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BCAA:

Branched Chain Amino Acids, or BCAAs are three of the essential amino acids your body requires to operate. These three amino acids; Leucine, Isoleucine, and Valine can increase muscle protein synthesis, increase muscle growth and decrease muscle fatigue. The use of BCAAs can prevent you from slipping into a catabolic state during periods of fasting, cardio or intense training.

My process of using it:

BCAAs are 0 calories and can be enjoyed with you need a sweet tooth fix. For most effective use, mix 1 scoop in 8 ounces of water and drink during your training session. On non-training days consume throughout the day.



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OKON FITNESS RECOMMENDED SUPPLEMENTS:

MEGAWATT-V2:

More dialed in than ever before, the nootropic ingredients in the Focal Center Complex are combined in exact ratios to keep you mentally strong and focused. This will allow you to push through the pain and fatigue, while maintaining peak energy levels. With MegaWatt V2 you'll be taking your training to a whole new level.

My process of using it:

Megawatt-V2 is a pre-workout supplement. Start with a ½ scoop in 8-16oz water to test your tolerance. Then, move up to 1 scoop. Take 15-30 minutes before your workout. MegaWatt V2 is mega powerful so never exceed 1 scoop at a time and never exceed more than 2 scoops in a 24 hour period. While using MegaWatt V2 be sure to consume a minimum of 120 oz of water daily.

You should combine the **BASIC TRAINING STACK** with

OPTI-GREENS 50:

Has all the minerals from fruits and vegetables that we should be getting but don't eat. Helps with energy, bowel movement, digestion and bloating.

My process of using it:

Add 2 scoops to 8 ounces cold water or juice and mix well. For best results, drink immediately after mixing and have 1 or more servings daily.



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