



**THIBARMY**

Powered by  
**BALLISTIC MANAGEMENT**

## SUPPLEMENTATION PLAN

### MORNING

(15-20 min before breakfast)

#### Omega Focus

<https://xpnworld.com/produit-xpn/omega-focus/>

- ▶ 1 teaspoon

#### Amino + Recovery

<https://xpnworld.com/produit-xpn/amino-recovery/>

- ▶ 1 serving

#### Vitamin D3

<https://xpnworld.com/produit-xpn/vitamin-d3/>

- ▶ 5 capsules

### DINNER

(15-20 min before breakfast)

#### Omega Focus

- ▶ 1 teaspoon

### EVENING

(1 hour before bed)

#### Magnesium glycinate

<https://xpnworld.com/produit-xpn/mg-glycinate-500/>

- ▶ 2-3 capsules

#### Phosphatidylserine 600mg

### AROUND WORKOUT

#### PRE

#### Pre Training Xtrem

<https://xpnworld.com/produit-xpn/pre-training-xtrem/>

- ▶ 1 serving

#### POST

#### Post Training Xtrem

<https://xpnworld.com/produit-xpn/post-training-xtrem/>

- ▶ 1 serving

#### Glycine

<https://xpnworld.com/produit-xpn/glycine-x/>

- ▶ 5g

#### Phosphatidylserine 600m

#### PRE OR POST\*

#### Waxy Maize

<https://xpnworld.com/produit-xpn/waxy-maize/>

- ▶ 1 serving

### BONUS

If you want faster results I suggest having one serving of Amino + Recovery between your meals.

\*Note that ideally the carb source should be taken pre-workout BUT some people have a drop in energy and focus when they have carbs pre-workout, in that case consume it post-workout.

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