



Professional *Athlete* Pack

“How to optimize your energy and get the most out of intense training”

This is the pack I designed for serious athletes and high performers — people whose bodies take a significant daily beating and need targeted cellular support to keep up. Muscle RX is the foundation: a patented formula proven in university studies to build and sustain lean muscle as effectively as testosterone without the side effects. Opti-Nitric opens the blood vessels, floods muscles with oxygen during training, and accelerates recovery. Adrenal keeps the cortisol rhythm intact so the stress of intense training doesn't become chronic depletion. Mito fuels the mitochondria — the actual energy source inside every cell. NADH is the rate-limiting coenzyme in that energy pathway. Opti-T supports healthy testosterone levels naturally. And Opti-Brain ensures the mental sharpness and focus that elite performance demands.

— DR. MICHELE BENOIT, DC · APPLIED KINESIOLOGY & FUNCTIONAL NUTRITION · FRANKLIN, TN

SUPPLEMENT STACK

- 1 Optimal Muscle RX**
LEAN MUSCLE FOUNDATION
The only natural muscle-building formula with a US formula patent. Patented creatine + BCAAs + glutamine proven to build lean muscle as effectively as testosterone in a 6-week university study.
- 2 Opti-Nitric**
BLOOD FLOW · OXYGEN DELIVERY
L-Arginine, ornithine, and citrulline boost nitric oxide levels — keeping arteries flexible, flooding muscles with oxygen during training, and accelerating post-workout recovery.
- 3 Opti-Adrenal**
STRESS RESILIENCE · CORTISOL REGULATION
Glandular extracts and adaptogenic herbs support the adrenal glands — preventing cortisol dysregulation that turns hard training into chronic depletion.
- 4 Opti-Mito-Force**
MITOCHONDRIAL ENERGY · ENDURANCE
Mitochondrial support for ATP production — the biological source of endurance and sustained power output. The actual energy source inside every cell.
- 5 Essential NADH / DIM**
CELLULAR ENERGY COENZYME
NADH is the rate-limiting coenzyme in the cellular energy production chain — what MitoForce needs to complete the ATP cycle.
- 6 Opti-T**
TESTOSTERONE SUPPORT · HORMONAL OPTIMIZATION
Natural testosterone support via L-Arginine, saw palmetto, and Pygeum bark. Supports lean muscle, recovery speed, bone strength, and vitality in both men and women.
- 7 Opti-Brain**
COGNITIVE PERFORMANCE · FOCUS
Clinical-grade cognitive support — focus, reaction time, mental endurance, and the clarity required when competition matters most.

WHAT THIS PACK DOES

A complete performance and recovery system in three daily packets. Addresses every layer of athletic performance: cellular energy production, blood flow and oxygen delivery, muscle building and recovery, adrenal resilience under stress, hormonal optimization, and cognitive sharpness. Morning primes the body. Pre-workout activates performance. Evening recovers and rebuilds.

WHO THIS PACK IS FOR

- Competitive athletes in any sport
- Endurance athletes — runners, cyclists, triathletes
- High-intensity trainers seeking faster recovery
- Men and women focused on maintaining lean muscle mass
- Professionals who train hard and need to perform mentally and physically

LIFESTYLE FOUNDATIONS

- Train with periodization — recovery days are when adaptation happens
- Prioritize 8–9 hours of sleep — growth hormone peaks in deep sleep
- Protein at every meal: 0.7–1g per pound of body weight
- Hydrate aggressively — performance drops 10% at 2% dehydration
- Take the pre-workout packet 30–45 minutes before training