

Fitness and Performance



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

Recommended Usage and Benefits

Creatine

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

Renual

Take 2 daily. Helps to power muscle function, increase cellular energy and promote healthy aging.

*MT. Capra Grass-Fed Goat Milk Protein Powder

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

**will receive multiple bottles for a month supply.*

Amino Complex powder lemon

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.

CoQnol 200

Take 2 daily. Supports healthy cardiovascular function, antioxidant status and immune health. Promoting healthy aging and energy production and also supporting bone, liver, eye, and skin health.

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!