

# Supplement Regimen for Bob Sapp

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February 26, 2004

All supplements available from <http://www.mdplusstore.com> . For Metabolic diet information please visit <http://www.metabolicdiet.com> .

## Diet: Macronutrient Intake

Follow the **Metabolic Diet** with increased carbs after training and fights.

## Supplements are used at 4 main times during the day:

**1.** ASAP after you wake up in the morning with breakfast. If breakfast isn't eaten, then take with an MRP LoCarb shake.

MVM – 2 capsules

Antiox – 2 tablets

EFA+ - 3 capsules

**2.** Before, during, immediately after training or practice, and an hour or so after training or practice.

### Before Training or Practice

Resolve – 5 tablets with water.

Creatine Advantage – one scoop with water.

Joint Support – 4 tabs.

### During

Power Drink – consume at least two scoops during training from beginning to end – can be diluted out to taste.

### Immediately After

Amino – 10 tabs

Creatine Advantage – one scoop

Joint Support 4 tabs.

Take all three with a carb loaded drink (dextrose/maltodextrin combo is good) containing up to 100 grams of carbs.

**Within a few hours of training, preferably around the one hour mark.**

Either a complete meal or a shake of MRP LoCarb mixed with milk, and/or fruit and/or fruit juice. MRP LoCarb acts as the base for whatever you want to mix with it.

### **3. With Supper**

MVM – 2 capsules

Antiox –2 tablet

EFA+ - 3 capsules

### **4. Just before going to bed**

TestoBoost – 4 tablets

GHboost – 4 tablets

Myosin Protein – 3 scoops or more with water

**In a month or so we'll cycle you through the following:**

**Metabolic – 3 tablets three times a day**

**ReNew – 5 tablets three times a day**

**Also we'll change the regimen a month or so prior to upcoming fights.**

ps. By May of 2004 I'll also have my new ProEndurance and ProRecovery supplements ready to go. We'll fit both in to your supplement schedule. They'll be cycled on and off with the other supplements like Power Drink and the MRP depending on where you are in your training.