

FITNESS KIT

*Pre- and post-workout products
for increased fitness*

- Boosts energy naturally
- Supports muscular gains and recovery
- Helps prevent injury and fatigue



Solutions4™
NATURAL CLINICAL HEALTH

FITNESS KIT

Cardio Health Essentials:

This stick-pack beverage supports the entire circulatory system and delivers incredible healing benefits in just one serving. With nitric oxide, L-arginine, L-citrulline, and CoQ10, this powerful formula provides a natural energy boost as the perfect pre-workout drink that supports muscular gains and recovery.

Exercise Gel:

Exercise Gel helps get your blood moving the all-natural way. Before exercise, this innovative gel warms muscles and increases circulation. You should use this product before physical activity, or at any other time you need a circulatory boost.

Nutritional Shake:

This quick-and-easy post-workout shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar. Taken after your workout, the 20 grams of protein (per serving) will help your muscles to heal and aid in post-workout recovery.



ADDITIONAL RECOMMENDED PRODUCTS:

- Solutions4 Daily Essentials
- Solutions4 B12
- Solutions4 Daily Antioxidant Essentials
- Solutions4 Essential Greens