

GO2 TRIPLE STACK PROTOCOL – SPORT/FITNESS

We recommend taking our products individually, leaving at least 30 minutes between servings.

GO2 Oxygen

When?

- 15-30 minutes before exercise/sport (at least 15 minutes before any other pre-workout supplements).
- Directly after an intense session
- At half time or 1-2 hourly intervals in competition
- For endurance sport may be added to water bottle at approx rate of 20mL per 500mL water.
- Take at least once on non-training days to maintain body oxygenation

How much?

- Up to 60kg bodyweight: 5-10mL
- 60-80kg: 10-15mL
- 80kg+: 15-20mL.
- These amounts are a guide – individuals generally determine the most suitable amount for their needs.

How?

- For fastest absorption take undiluted and hold in the mouth for 30 secs before consuming.
- May be added to water or any non-fizzy drink, even coffee as long as it isn't extremely hot.
- Best taken on an empty stomach.
- Keep out of direct sunlight; do not use metal serving utensils; after opening store in refrigerator or at room temperature.

H2 BOOM!

When?

- Once or twice daily, ideally about an hour before workout.

How much?

- One or two tablets.

How?

- Add tablets to a glass of water, allow to dissolve, then drink immediately while still cloudy.

GO2 Minerals

When?

- With a meal or after a workout.

How much?

- 10-20mL.

How?

- Add to a glass of water or any other drink according to taste.

Note: all three products are active in the body as antioxidants. Some people may notice slight 'detox' nausea when starting to use the products, as they perform this role. In the unlikely event that you experience this, reduce the amounts you are taking until your body gets used to the protocol, then gradually increase to desired amounts.