

PETER TZEMIS

ADVANCED ANABOLIC STRETCHING

**ADVANCED
ANABOLIC
STRETCHING**

**ANABOLIC
SHAKE**

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Ingredients: whole, raw milk (or Kefir) + 2-3 raw whole eggs + 1 scoop chia seeds + cinnamon + Banana. Blend and consume.

Directions: Drink this shake 3-4x a week or every other day. You will see and feel incredible surges in your anabolic hormone levels.

Why this formula?

The overarching philosophy is to provide the necessary building blocks for testosterone production. Each ingredient was specifically chosen to work with the other ingredients and your own body to accomplish that goal.

Raw Dairy (milk of kefir) contains CLA a potent fat burning compound, whey protein, and calcium.

Chia seeds are present since they provide the body with a massive dose of omega 3 fatty acids.

Eggs are packed with the most bio-available source of protein. It also contains albumin, amino acids, and beta-carotene

Cinnamon is an ancient spice containing choline and niacin (both helpful in GH production.) It also contains the following:

- Magnesium
- Phosphorus
- Calcium
- Potassium
- Zinc
- Copper
- Selenium
- Iron
- Manganese
- Sodium
- Betaine
- Vitamin K
- B6
- Pantothenic acid

Banana: Well I like banana's. They taste delicious. This one is optional but I find it works very well with this formula.

Blend these highly nutritious ingredients together thoroughly and drink up!