

PROSTATE CONDITION PROTOCOL

Supplementation Regimen:

- **Opti-T** - 2 twice daily at morning and night
- **EFA** - 1 twice daily at morning and night
- **NOS Performance Pak** - 1 packet daily



Nutrition Regimen:

- **Top Foods**
 - Cruciferous Vegetables (bok choy, kale, cauliflower, cabbage)
 - Tomatoes
 - Berries, Berries, Berries and more Berries
 - Raw Nuts
 - Avocados
- 21 Day Challenge or 63 For Me

Exercise Regimen:

- **HIIT** - 3x a week 8 minutes
- **CIRCUIT TRAINING** - 20 minutes, 2-3 times per week