



GET YOUR **EDGE**

HYDRATION**EDGE** • MENTAL**EDGE** • RECOVERY**EDGE**



<u>Time Before Wrestling Match:</u>	<u>What Products To Take:</u>	<u>Suggested Serving:</u>
2 hour weigh in	Recovery Edge	1 serving size
1 hour weigh in	Recovery Edge	½ serving size
30 minutes	Mental Edge	1 serving
Anytime thirsty following weigh in, during tournament or after!	Hydration Edge	Everyday – 1 to 2 servings Before a match – sip During tournament – sip After tournament – drink 1 serving

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****Please Note:** Recovery can also be taken within 30 minutes after a match, at end of tournament or meal replacement!

“If You’re Not Wrestling With It, You’ll Be Wrestling Against It!”

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