

BEVERLY INTERNATIONAL SUPPLEMENT PROFILING CHART

How to Design a Personalized Supplement Regimen to Meet Your Goals and Budget

1. Choose the profile from the chart below that best fits your situation or goal.
2. Start with the supplements listed as 1 (“Essential”) under the profile you selected from the chart. If 1A and 1B are listed you may choose one, or the other, or both. The items marked with 1’s will become the foundation of your supplement program.
3. If your budget allows, add the items listed as 2’s (“Next Steps”).
4. Adding the items listed as 3’s (“Stack”) will give you a complete supplement strategy to achieve your goal.
5. The 4’s (“Additive”) is for the high achiever who “wants it all”.

Females	Females who primarily want to lose fat, improve body composition, and improve lean muscularity			Female Basic Shape-Up	45 & UP
	Goal Emphasis	Bikini Beach Body	Figure / Athletic		
Ultimate Muscle Protein	1A	1A	1A	1	1
Muscle Provider	1B	1B	1B		
Creatine Select			2		4
Glutamine Select	4	2			
Mass Aminos			3		
Ultra 40			3		
Lean Out	2	3		2	3
7 Keto MuscLEAN	3				3
Density		3			
Quadracarn					2
Muscle Synergy		4	4		4
Up-Lift					
Muscularity	3			3	
GH Factor					2
Energy Reserve					
Bev ZMA		4			

Males	Males who primarily want to build muscle while losing stored fat			Gain Maximum Strength and Size	Male Basic Shape-Up	50 & UP
	Goal Emphasis	Increased Muscle Size	Emphasis on Fat Loss			
Ultimate Muscle Protein	1A	1	1		1	1
Muscle Provider	1B			1		
Creatine Select	2	3	3	1	3	2
Glutamine Select	4	3	3	3		3
Mass Aminos	3		2	2		
Ultra 40	3			4		
Lean Out		2			2	
7 Keto MuscLEAN		2				
Density		4				4
Quadracarn	1*	1*	4	4		1
Muscle Synergy	4			3		3
Up-Lift			3	3		
Muscularity						
GH Factor						
Energy Reserve						
Bev ZMA			4			

* If 35 years or older add Quadracarn to the essential list.

Pre Contest	Pre Contest Supplement Recommendations			Male Bodybuilding
	Goal Emphasis	Bikini	Figure	
Ultimate Muscle Protein	1	1	1A	1A
Muscle Provider			1B	1B
Creatine Select			2	2
Glutamine Select		2		2
Mass Aminos				
Ultra 40			2	4
Lean Out	1	1	3	3
7 Keto MuscLEAN	2	2	3	3
Density	3	3	1	1
Quadracarn			1	1
Muscle Synergy		4	4	4
Up-Lift				2
Muscularity	3	1		4
GH Factor		4	4	
Energy Reserve	4	3		
Bev ZMA				

Athletic Improvement	Athletic Improvement (Male and Female)			Masters Athlete
	Goal Emphasis	Endurance	Maximum Speed and Strength	
Ultimate Muscle Protein				1
Muscle Provider				
Creatine Select			1	2
Glutamine Select	1			3
Mass Aminos			3	
Ultra 40	3	3		
Lean Out				
7 Keto MuscLEAN				
Density				
Quadracarn		3		1
Muscle Synergy		4	3	4
Up-Lift	2	2		3
Muscularity				
GH Factor				
Energy Reserve	3			
Bev ZMA	4		4	4

Need More Help? Check out BI's Master Supplement Recommendations at www.beverlyinternational.com, BI's Training, Nutrition, and Supplement Solutions, www.bevnut.com/faq or send an email to bevnut@beverlyinternational.net with Supplements in the subject line.