

What to Expect from ATP Extreme

FOR BEST RESULTS: Take 4 capsules 30-60 min before training with water on an empty stomach. If you are a high volume athlete who trains multiple times per day, take 3 caps in the morning and 3 caps in the early afternoon. On days off, take 2 caps in the morning and 2 caps in the afternoon if optimal recovery is needed.

Benefit	Time Frame	Stipulations
Increased Endurance and Training Capacity	Immediate	You must train to failure to notice this benefit right away, or be willing to complete extra sets of exercises. The harder you train, the more you will notice this.
Reduced Lactic Acid	Immediate	Muscle burn should decrease significantly right away. But even when you feel the burn, you should be able to keep pushing through when normally you would not be able to.
Improved Recovery Less Muscle Soreness	Immediate	The harder you train, the more this will be apparent.
Better Muscle Pump	Immediate	Carb-depleted athletes will typically not experience this. Carbs are needed to achieve great muscle pumps.
Improved Vascularity	2-3 weeks	
Noticeable Strength Gains	3-6 weeks	Be patient. The strength gains will come!
Improved Male Sexual Function???		ATP Extreme is a very effective vasodilator. So is Viagra. You do the math. (Take 1 hr prior to sexual activity)

Important Notes:

- **To experience the best possible results from ATP Extreme, you must have carbs in your body during workouts.** If you are on a low-carb diet, you must at least eat carbs with your meal before your workouts to maximize the results you get from ATP Extreme. This is crucial.
- ATP Extreme is most beneficial for athletes who train at high intensity and to failure. The harder you train, the more noticeable the benefits will be. If you do not train at high intensity and consistently push your body to its limits, your results will not be as noticeable and your strength gains will take longer to develop.
- ATP Extreme will "enhance" your training results. Therefore, you need to train hard enough to increase strength and muscle. If you only train for maintenance, you are training for 0% strength and muscle gains. 247% of zero is still zero. With that in mind, don't expect to get huge gains from any product if you only train for maintenance. You have to put in the work if you want to get the results!

If you have any questions, never hesitate to contact us at:

949.734.1244

www.atpextreme.com