



Fred's Personal Nutritional Supplements

#	Product	Theme	Purpose	Description	Muscle Building Benefit	B L D
1	Ubiquinol 100	Energy Enhancement	Low cellular energy and oxidative stress	Active CoQ10 supporting mitochondria and cardiovascular function	Boosts cellular energy for stronger training output and faster recovery	B
2	Daily BioBasics®	Energy Enhancement	Nutrient gaps and low micronutrient density	Full-spectrum vitamins, minerals, fiber, and phytonutrients	Enhances nutrient absorption and supports efficient metabolism	B
3	OME Gold	Muscle Support	Low omega-3 affecting focus, heart health, inflammation balance	DHA/EPA with vitamin D and antioxidant plant oils	Supports recovery and maintains healthy inflammation	B
4	Proanthensols® 100	Cognitive Function	Oxidative stress and weakened connective tissue	OPC-rich grape seed extract supporting cells and circulation	Improves blood flow and tissue repair capacity	B
5	CalMag Plus™	Muscle Support	Low calcium/magnesium affecting bones and muscle contraction	Balanced calcium-magnesium blend supporting bones, nerves, and recovery	Improves muscle contraction stability and reduces cramping	L
6	Biotic Blast	Immune Support	Disrupted gut flora and weak digestion	Multi-strain probiotic blend supporting digestion and absorption	Boosts nutrient uptake — foundation for building and maintaining muscle	L
7	Xtra Antioxidants	Anti-Aging	High oxidative stress from lifestyle or training	Broad-spectrum antioxidants shielding cells from daily free-radical damage	Reduces recovery time and protects muscle cells under load	D
					Breakfast	B
					Lunch	L
					Dinner	D