



Healy's SUPER SUPPLEMENTS

PRE-INTRA-POST

ULTIMATE TRAINING DRINK

Formulation

700 mil of filtered water in shaker

1 scoop of INCELL

1 Scoop of Urban Muscle resurrect

3 teaspoons or UDO' OIL

3 teaspoons of MTC oil

1 scoop of FIBRO-PLEX

1 heaped teaspoon of DAA

MIX VIGOROUSLY

**Now Pre Training Supplements
take 30 min before training**

1 tab Blackmores Vit B (Executive B)

2 x tabs Tibullus (carusos) (Ok for women)

1 x Erecto Max (Men only)

3 x 500 mg vitamin C

**NOW THAT WILL FIRE YOU UP SUSTAIN YOU THROUGH A HIGH
INTENSITY WORKOUT OF ANY DESCRIPTION**

**Tip: Take a Cold bottle of Filtered water in your “cold bag” as well so
you can sip on water + your HEALYS ULTIMATE TRAINING DRINK .**

**Often you will not drink all of the HUTD so you can restore in the
refrigerator for next time or proportionately top it up for next training
session.**

I USE THIS FORMULA EVERY TRAINING SESSION

Hope it works for you as I’m sure it will

100% Natural athlete for 65 years

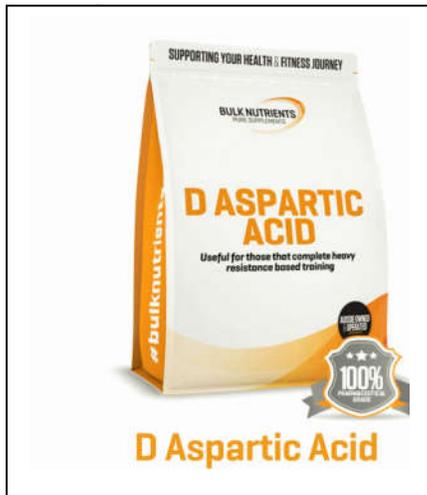
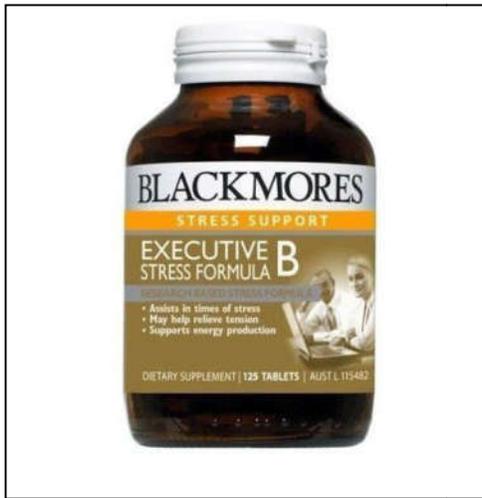
Graham Healy

founder Healy’s Health 1985

Picture representation and sub-formula references below:

**Caruso’s Super Magnesium
(alternative to Fibroplex)**





1. **References:**

1. <https://www.healyslowerbackpain.com/longevity-anti-aging>
2. <https://www.healyshealth.com/b1-ingredient-analysis>
3. <https://www.melrosehealth.com.au/health-hub/post/how-melrose-mct-oils-differ>
4. <http://udoshealthproducts.com.au/udos-products/udos-3-6-9-oil/>
5. <https://www.healyslowerbackpain.com/products>
6. <https://www.healyslowerbackpain.com/metagenics>
7. https://www.bulknutrients.com.au/products/d-aspartic-acid/?gclid=Cj0KCQiA5vb-BRCRARIsAJBKc6KJb9_s2XPP21A2eC7qalZEEQnHC4peoo_vCisD9_WsFWDzi_2_hNWsaAhqbEALw_wcB
8. <https://www.carusosnaturalhealth.com.au/products/super-magnesium-powder-lemon?variant=32891522318389>
- 9.

*references to ingredients and breakdowns are available on the above links, some are the Healy's health web sites , some are direct links to that particular company, its Healy's Health policy that we are in competition with no-body we are creating creative solutions for everybody to benefit.(Open source)

Nobody has all the answers,(Including Healy's Health) but what Healy's does have is 40+ years of experience.

Often I ask the particular organization we align with or purchase from or recommend, who is their founder and what is their 'health profile' if they at the end of the day cannot demonstrate they practice what they preach including "drug free' philosophies then Healy's health will immediately reject that organization or person! Who needs advise from people or organizations that cannot 'practice what they preach' and demonstrate it! Also many organizations are 'locked in' to their particular focus or

perspective (education) and cannot look out of the box .
Healy's have been holistically looking out of the box for 40+ years and that
what we bring to you our valued Client.

Remember,

YOUR HEALTH IS YOUR GREATEST ASSET

Graham Healy

Founder Healy's Health 1985 .

