




Congratulations

...on your decision to use Kre-Alkalyn® EFX:
The patent holder's original brand of Kre-Alkalyn®.

You've made a fantastic choice!



You are about to discover firsthand why so many bodybuilders, athletes, models, fitness competitors and even “weekend warriors” worldwide now use Kre-Alkalyn® EFX as a “drug-free” alternative to **gain an edge** over their competition and to help them reach their fitness goals.

If you **follow this guide carefully**, you'll be guaranteed the *fastest* results possible!

Getting started with Kre-Alkalyn® EFX, the patent holder's original brand

No loading phase required

You DO NOT need to “load” it. It is completely stable in fluids because it utilizes a multi-patented technology to preserve the potency of its creatine molecules during transport to the bloodstream. Therefore, virtually no creatine is lost, and a much higher degree of creatine reaches muscle tissue.

Kre-Alkalyn® EFX Dosing

The **average** trainee typically requires no more than 2-4 capsules (1.5-3 grams) of Kre-Alkalyn® EFX per day. In fact, this is the exact dosage we have found to work best for 80% of the population.

However, roughly 10% of the population may require slightly **higher** dosages to achieve optimal results (with the remaining 10% requiring less). For those needing more, we recommend adding one additional capsule (750 mg) per day until you **notice** a marked improvement in performance and recovery. Please note that almost no one will ever need to exceed 6-8 capsules (4.5-6 grams) per day.



Dosage breakdown averages of Kre-Alkalyn® EFX users



10% require a lower dosage of 1-2 caps

80% require a dosage between 2-4 caps

10% require a higher dosage of 5+ caps

Coincidentally, we've also discovered that those *requiring* additional capsules are typically **endurance athletes**. In fact, we consistently receive feedback from an overwhelming number of individuals participating in endurance-based sports (e.g., cyclists, runners) who are achieving all but staggering results while using Kre-Alkalyn® EFX.





We recommend you follow the **Kre-Alkalyn® EFX** dosing guide below:



Women:
(Most)
1-2 capsules
per day



Men:
Under 200lb
2 capsules
per day



Men:
201lb - 220lb
2-4 capsules
per day



Men:
Above 221lb
3-4+ capsules
per day

NOTE: Believe it or not, we do have some bodybuilders weighing in excess of 250lb who use no more than *one* capsule per day (750 mg) and still report impressive results. These numbers are not absolute, but represent 80% of the population. We recommend you follow a dosing schedule based on the above guidelines and then experiment by using slightly more, and possibly less, product per day.

When & How To Use For Best Results

Take one serving 60 minutes before training, then another immediately after your training session. On “Off” days”, consume the entire day’s dose with your first meal. For example, if you are using 4 capsules per day, consume 2 capsules 60 minutes before training, then 2 more immediately after the last set of your training session. On days when you do not train, take all 4 capsules with breakfast.

Training Day

Dose 1: 60 minutes prior to training

Training Session

Dose 2: Immediately post-training

You should also experiment with what we call “half-dosing” on your non-training days. “Half-dosing” is exactly what the name implies. If you currently consume 4 capsules per day, try using just 2 capsules on each “Off” day and gauge your results. If they remain the same, you will achieve optimal results while saving product...and money.

Cycling Kre-Alkalyn® EFX

Our research shows that Kre-Alkalyn® EFX does not need to be cycled. However, once every 3 months or so some trainees may wish to curtail its usage for roughly 7-14 days and then return to former dosing levels.

How to STACK Kre-Alkalyn® EFX with Nytrix EFX™

Here's why you take each product at least 30 minutes apart:

Kre-Alkalyn® EFX may also be used along with our AAKG delivery formula called Nytrix EFX™, which also utilizes the same multi-patented pH delivery technology. However, the major difference is that Kre-Alkalyn® EFX employs a *high* range pH delivery system, while Nytrix EFX™ has a *lower* range pH delivery system.

Therefore, it is extremely important to take these two products apart from each other (30 minutes) to avoid "pH conflicts".
The suggested use for Nytrix EFX™ is 2 tablets, 3 times per day.



How to use our "Stack" based on what time of day you train:



What to expect in the first week of stacking Kre-Alkalyn® EFX and Nytrix EFX™

- An immediate increase in energy
- Zero bloating and cramping
- Noticeable muscle hardness or tone
- A gain of at least .5 - 1 pound of lean mass
- A boost in strength and reps
- Intense muscle pumps
- Increased satisfaction with the way you look and feel

NOTE: You may not experience the results listed above unless you exercise regularly and follow a sound, balanced diet. Always consult a physician before starting any exercise or diet program.

For more information about our products go to our website at: www.aafx.com.
Got questions? Get answers by emailing us at: info@aafx.com

