# stemsport



### **USAGE:**

The intensity level of your activity will help determine whether your StemSport serving should be two, three, four or more at a time.

It is recommended to begin with the lower end of the serving suggestion, and increase your intake as your body and activity level dictate.

#### **Pre-Exercise**

2-3 SE3

## **Immediately Post-Exercise**

2-3 SE3

2-3 Stemflo

#### FOR YOUR INFORMATION

SE3 and Stemflo - Vegan 2 part capsules

No sugar, artificial colors, artificial flavors, dairy, yeast, or preservatives.

If using medication or are told to avoid any specific ingredient, see FAQ's and speak with your doctor.