



**ANIMAL
TRAINING PACKS**

STACKING 101

CUTS

TRO

THE TRUE ORIGINAL

PAK

STAK

M-STAK

The Original

The Original

The Original

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Stacking 101

Goals

Mapping out exactly what you need to do and defining your goals in this game is a critical step towards success. This practice is integral to progress in bodybuilding and in life. It is also a must when it comes to dictating what supplements are right for you and your very specific needs. Want to get ridiculously jacked? Want to get shredded to the bone? Looking to hold onto maximal lean mass while dumping bodyfat? Prepping for a bodybuilding contest or powerlifting meet? Knowing what it is you want out of your specific protocol at any given time will go a long way toward dictating the components of your personal Animal stack.

Core

It all starts with the Pak. The True Original, the Animal Pak, is the ground floor basis of any legit supplement regimen. Covering your bases from a vitamin and mineral perspective prevents deficiencies and allows for a properly functioning immune system and a consistently anabolic internal environment. Not a mere multivitamin, the Pak is the original “stack” in a pack, loaded with aminos, digestive enzymes, performance optimizers and anabolic co-factors designed to address the most demanding needs of hardcore bodybuilders and strength athletes. You start your stack with the Pak and you build from there. It is your foundation today as it has been for champions for nearly three decades.

Knowledge

A great carpenter knows his tools like the back of his hand. As you build your physique, you will come to see your supplements as tools of construction. Animal will provide you with all the weapons you need to cover your supplementation from top to bottom. Figuring out how to use them to your best advantage is up to you and is the purpose of this literature. As a basic rule, the Animal line is divided into two classes—products you can use year round,

known as “foundational” and products used strategically for shorter periods of time, with necessary off periods in order to ensure max efficacy. These are known as Animal’s “cycled” supplement packs. The foundational supps in the Animal line include Pak, Flex, Omega, Nitro, Pump and PM. The cycled Animal products are Stak, M-Stak, Cuts and Test.

Building

Depending on your own personal goals, and with a greater knowledge of the purpose and intent of each of the Animal products, you can begin to build your own individualized stack. Using Pak as your foundation you can add other foundational or cycled products to your regimen, strategically dividing the doses over the course of the day ensuring optimal performance and nutrient uptake. Many athletes chart their supplement regimen over the course of several months, determining which products to stack and when, cycling on and off certain Animal products in order to elicit a desired outcome—namely a better physique.

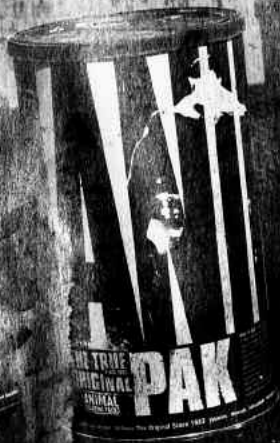
Cycling

All of the Animal products work but not all of them can work forever if taken indefinitely. When looking for a desired result, you need targeted, specific supplementation. In matters of hormonal or metabolic manipulation, an iron athlete can only push the button for so long before the gains stop rolling in and his progress grinds to a halt. With this in mind Animal has taken a page from the anabolic strategies of those at the apex of the game and advised the cycling of certain supplements (M-Stak, Stak, Test and Cuts). This “on and off” approach is advised in order to maintain optimal effectiveness and to stave off the human body’s amazing ability to adapt to advanced supplement compounds and proven ingredients, no matter how potent.

There it is. The basics of stacking the most serious supplement arsenal in the iron game—Animal. The next pages of this booklet will provide product descriptions, suggested stacks and the preferred stack of the brothers from AnimalPak.com. This very powerful and valuable information now rests in your hands. Use it wisely.

CYCLED VS FOUNDATIONAL

TEST



NITR

Pick Your Packs

There are two kinds of packs in this world. Those you take every day and those you only strategically employ for a specific purpose. The boys at Animal termed these separate entities “cycled” vs. “foundational” packs.

Foundational and Cycled Animal products can complement one another perfectly, and are meant to be stacked together, but are designed for two distinct intents. One you use to cover your bases and to ensure you are meeting your baseline basic requirements to remain healthy, strong and anabolic—these are the foundational Animal products, called as such because they form the foundation of your regimen—the core of your supplemental nutrition. The others are the hot sauce splashed on the juicy porterhouse that is your supplement protocol. These are meant to add some kick and some flavor to the daily doldrums of your usual routine. Products with very narrow, focused, specific objectives, the cycled Animal products can be intense and are to be used infrequently with necessary time off in between to allow for systemic recovery and to ensure at all times maximum efficacy.

The foundational Animal products are Pak, Omega, Flex, Pump, Nitro and PM. You can use these bad boys 365 days a year and can rely on them to provide basic supplemental nutrition and eliminate dietary deficiencies.

The cycled Animal products are Stak, Test, M-Stak and Cuts. Put your training on blast by strategically employing these over the course of the year, at times when your training and performance goals demand hormonal or metabolic manipulation.

STACKING LIKE AN ANIMAL

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Each Animal is different. Unique goals, training styles, growth tactics and of course special and distinct Animal stacks to address their individual needs. Here's how some of the fellas construct a stack to feed their journey . . .

Aggression

Animal Pak
Animal Omega
Animal Nitro
Animal Pump
Animal Test
Animal M-Stak

The staples are taken daily, 365 days per year. I'll throw down Pak in the morning with breakfast and Omega with my second meal of the day; always. Two packs of Nitro on training days. The first one gets tossed back when I get into the locker room to change. The second is taken immediately after I've hit my last rep of the night. On off days, I take a pack immediately upon waking up. Animal Pump is taken 30min before I start training, which is 30min after my meal. When things need a jolt, I turn to a Test/M-stak combo. Test is taken with my whole food pre-workout meal about an hour before the training session starts. M-stak gets thrown down the hatch right along with Pump, 30 min pre-workout. I remove the red stimulant capsule from M-Stak. No excuses. If you can't grow some serious mass while on this stack, you're in the wrong sport.

Big Al

Animal Pak
Animal Flex
Animal Pump

I take Animal Pak every morning to make sure I'm covered with my daily vitamins, sometimes I'll take a second pack preworkout in order to ensure that I don't get depleted. Preworkout I take Animal Pump to help me get pumped for my workout and to get a pump while I train. Before bed I take Animal Flex to aid in the recovery of my joints and connective tissue while I sleep.

Big Ant

Animal Pak
Animal Flex
Animal Nitro
Animal PM

Pak, is the basic, everything-the-body-needs pack. Filled with vitamins, amino acids, minerals and antioxidants, this is a must for any weight lifter, bodybuilder and athlete. I take two packs daily, one with my first meal and another with my third meal of the day, every day. I eat seven meals daily.

I had and still have my fair share of muscle tears, sprains and strains. Training hardcore in the gym for over twenty five years, takes its toll on the body. Flex keeps my tendons and ligaments in check and strengthens my ability to help heal me of any gym related injuries. I take Flex with my second meal and also another pack post workout.

Muscle recovery is the most important thing for me. At forty three years old, it takes me more time to recover from the long hard workouts. PM does a great job with my muscle recuperation and also helps me a great deal with my insomnia. You build more lean muscle when sleeping and that is why I take this product every night, thirty minutes prior to bed time.

Amino acids are the muscle building blocks your body needs. This was huge and a true statement in the early seventies back with Arnold, Lou and Franco trained at Venice Beach. Now fast forward to 2010, there are more and more proven studies about amino acids helping build muscle tissue and strengthening the immune system. Nitro has all of the necessary EAAs (including the critical BCAAs) for muscle recovery and growth. I take one pack of Nitro preworkout and another postworkout. There is always a Nitro can in my gym bag. Days I have off from weight training, I take Nitro with my last food meal.

Enforcer

Animal Pak
Animal Omega
Animal Nitro
Animal Flex
Animal PM

As soon as the alarm clock strikes I wake up and take my Animal Nitro with around 12 ounces of water. I like to jump start the anabolic growth and recovery process this way. Next up always comes my Animal Pak with Meal 1. It gets the day started and I would feel incomplete without it. Animal Omega comes next with Meal 2. Then later on in the day, after an intense hour or so of balls to the wall hardcore heavy training, I take down another pack of Nitro immediately as I put my last weight down to start the recovery process. Animal Flex comes next with my PWO meal to help start healing the joints and bringing them back stronger than before. Finally its Animal PM before bed. PM keeps me in a constant state of recovery until once again the alarm strikes and I have to do it all over again.

G Diesel

Animal Pak
Animal Omega
Animal Nitro
Animal Pump
Animal PM

I start my day taking Omega with my morning supps and my breakfast shake. I then have Pak with my first whole food meal. Pump is a staple preworkout as it provides an awesome alternative to typical preworkout drinks and has a full dose of creatine. I never train without a can of Nitro in my gym bag I load up on Nitro with two packs postworkout to kickstart recovery, usually a little while after my shake that generally contains protein and simple carbs. Before bed, I'll have a second pack of Omega and PM to maximize recovery and get the most

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out of whatever limited sleep I'm getting.

Kuclo

Animal Pak
Animal Pump
Animal Flex
Animal Omega
Animal PM
Animal Cuts
(pre-contest)

Here's a rundown of when I take my Animal products: First thing in the morning if I am pre-contest I will take my Animal Cuts and do my morning cardio. As soon as I get home I make myself my breakfast and take an Animal Pak to flood my body with vitamins and nutrients. This is my pre workout meal so about a half hour after my meal I'll take Animal Pump pre workout then go and train. After my first training session, I get a few more meals in me. Before my second training session I'll take my second round of Animal Pump. After my second training session of the day which leads me to meal 5, my post workout meal I'll take an Animal Flex and another Animal Pak to make sure I am getting my body ready to repair itself and grow. Before I go to bed I'll eat my last meal (6) and I will take an Animal Omega and Animal PM to help me fall and stay asleep to allow me to get the most out of my recovery and sleep.

Machine

Animal Pak
Animal Stak
Animal Test
Animal M-Stak
Animal Pump
Animal Nitro
Animal Omega

My supplement regimen is what I find to work best for me as an individual and I have mastered my unique stack over the years. My day starts with Test and M-Stak taken with a shake. I then use Nitro and Omega mid afternoon with Pump being taken preworkout. I end my day with Pak and Stak before bed. I could go into clinical pharmacology on all of these elements; but suffice it to say that I have done my homework and these compounds work the best for me after a measurable positive outcome. I take these all without variation and at the same time every day, night, and early morning. The biggest thing that athletes stacking supplements must consider is nutrient and supplement timing and measuring their performance and progress accordingly.

Ox

Animal Pak
Animal Omega
Animal Nitro

I view Pak and Omega as foundational supplements. Regardless of who you are or what your goals are, you will benefit from the use of these two products. They're pretty much essential. Pak takes care of all your vitamin and mineral requirements while Omega covers your EFA requirements. These two products are ESSENTIAL because

your body requires that you get various vitamins, minerals and EFAs from an outside source because you lack the ability to manufacture them on your own.

When it comes to the time around my training, I consider only two things to be necessary: amino acids and carbohydrates. The combination of EAA Nitro from Universal with supplemental Nitro packs and 20g of L-Glutamine provides me with just that. I take advantage of the fact that the combination of dextrose, glutamine and aminos, three nutrients with insulinogenic properties, will allow for the shuttle and uptake of aminos and glycogen by my muscles. This also allows for fast and easy assimilation and leaves me with elevated insulin levels, perfect for the whole food meal that will follow about 15 minutes later. I'm interested in the essentials. These products cover the bases and then some. In essence, they fill in the gaps that may be present in my diet and as a result, they allow me to make the whole foods I consume effective and efficient at doing their job.

Razor

Animal Pak
Animal Flex
Animal Cuts
Animal Nitro
Animal PM

This is the Razor's Edge Cutting Stack. The standards for me are Pak, Flex, Nitro and PM. Basic, nothing complicated. Nitro to me is the greatest thing ever created for recovery and to maintain muscle on a cut.

Adding Cuts to the mix when eating clean and hitting the cardio is the ignition for my fat burning engine.

The Freak

Animal Pak
Animal PM
Animal Flex
Animal Stak
Animal Pump
Animal Omega

When devising my stack I'm trying to get what I need to grow and get in shape, that I can't get already get from food. Animal Pak two times a day will cover me as far as the stress the diet imposes, regarding deficiencies created by the foods I'm not taking in. Animal PM will also aid in less stress helping me get a good night's sleep and help me grow overnight. Stak and Pump will optimize the food I'm taking to help me get the best workout possible. Omega and Flex will protect my joints and allow me to get in the good

fats to allow the body to continue to burn fat.

The House

Animal Pak
Animal Cuts
Animal Flex
Animal Omega
Animal Nitro
Animal Pump
Animal PM

Pak comes with breakfast, with Cuts following before my second meal. I take Flex with my second meal and Omega with my third. Nitro goes down preworkout with Pump and my second pack of Cuts. Then I take a second pack of Nitro postworkout with my shake. My second Pak of the day comes with my last whole food meal, followed by PM before bed. This is my contest prep stack, only difference with off season is I add a gainer like Real Gains and take out Cuts. I would say I keep it basic with all foundational supps all year round. Each product I take has its place in keeping my muscle and fueling my body to add new muscle growth. All the basic stuff works the best for me. I feel the supps work the best when you spread them out during the day and take them around your training session. Pre and post workout supplements especially are very critical to me being at my best.

tree trunk legs

Animal Pak
Animal Omega
Animal Cuts
Animal Nitro
Animal PM

I immediately wake up and have a pack of Animal Cuts on an empty stomach. Around 30 minutes later I'll have my first meal as well as my Pak and Omega. Depending on the day, I'll occasionally wait and take my second Cuts preworkout. I like to do this to take advantage of the energy I get from the Cuts stimulant complex. Immediately postworkout I'll hit my body with Nitro to ensure I'm doing everything possible to recover. 30 minutes before bed is PM. Sleep is often something I lack, so making the best of what I can get is very important.

Wrath

Animal Pak
Animal Cuts
Animal Nitro

This is my precontest stack where I devise my supplement regimen so as to hold onto as much muscle as possible, even when my activity level is greatly increased by all the cardio (I fucking hate cardio) and fat burning is on full blast using Cuts on way lower calories... I do this by bumping up my intake of EAAs using Nitro plus I add staples like protein powder and liver tabs. Notice also, that I take the Pak twice a day to make up for the nutrients I'm missing due to the limited range of foods I'm currently consuming.

SUPPLEMENT STACKS

Stack #1: The Natural Lean Mass Stack

Goal:

For serious trainers looking to add maximum mass and strength through non-hormonal means.

Tools:

Animal Pak, Animal M-Stak, Animal Pump

Schedule:

Animal Pak	1 pack daily with breakfast
Animal M-Stak	1 pack daily, 1 hour preworkout
Animal Pump	1 pack daily, 30 minutes preworkout

Note:

Both Pump and M-Stak contain caffeine. If a stimulant sensitivity exists, remove the red capsule from the M-Stak formula. If training late in the evening, consider removing the red capsule from both formulas, so as to not disrupt normal sleep patterns.

Tips:

Maximizing gains on this stack necessitates the handling of heavy weights to failure, coupled with higher rep sets. Be sure to stay hydrated and to consume at least a gram of protein per lb of bodyweight. Consuming a shake combining whey

and simple carbohydrates immediately postworkout is also highly recommended.

Stack #2: The Basic Anabolic Stack

Goal:

This is a basic, minimal stack designed for all intermediate to advanced lifters looking for an anabolic edge. These athletes train hard and eat clean throughout the year. Due to the potent nature of this stack, however, it isn't recommended for all athletes, especially those athletes who are drug-tested or under the age of 18.

Tools:

Animal Pak, Animal Stak

Schedule:

Animal Pak 1 pack with either breakfast, lunch, or dinner

Animal Stak 1 pack 30-45 minutes prior to weight training or cardio. On non-weight training days, take a pack approximately the same time as you would if you were training

Tips:

With Animal Pak, you not only get a great nutritional foundation, you also get a supplement that makes the Animal Stak (and other supplements) work better. Combined with 4-6 balanced meals per day, this simple double stack will produce nice results in a short period of time. Make sure your body is getting enough quality calories and protein. Remember, calories are the fuel which will drive growth.

Stack #3: The Pre-Contest Cutting Stack

Goal:

For elite and competitive bodybuilders seeking to increase striations and vascularity. This triple stack can increase muscle hardness, overall conditioning, and deep cuts. Several cycles can be used consecutively in the weeks of contest prep prior to a show.

Tools:

Animal Pak, Animal Cuts, Animal Nitro

Schedule:

Animal Pak 2 packs daily, with breakfast and dinner

Animal Cuts 2 packs daily, once in the morning before breakfast and another in the early afternoon, allowing for at least 3-4 hours between each pack

Animal Nitro 2 packs daily, 30 minutes prior to lifting, within 30 minutes after lifting

Note:

This plan assumes that you're training in the evening. If you train first thing in the morning, for example, take your Animal Nitro first, followed by an Animal Cuts pack 3-4 hours later, and a second Cuts pack 3-4 hours after that.

Tips:

Drink plenty of water. If doing both weight training and cardio during the same session, always hit the weights first, followed by cardio. Anaerobic activity is fueled by glycogen, and after weight training, the cardio will tap into fat stores more efficiently. When performing cardio, the intensity level should not be too high as entering the anaerobic threshold encourages carb utilization, not fat oxidation.

Stack #4: The Foundation Stack

Goal:

This foundational Stack gives athletes the basic building blocks. It covers nutritional gaps and protects your joints and ligaments. This stack also provides the essential fatty acids (EFAs) for optimum hormonal levels.

Tools:

Animal Pak, Animal Flex, Animal Omega

Schedule:

Animal Pak 1 pack daily, with breakfast or any other meal

Animal Flex 1 pack daily with any meal

Animal Omega 1 pack daily with any meal

Tips:

For maximum results, take your Animal Pak with breakfast (or any other whole food meal). Take Animal Flex with any meal of the day and take a pack of Animal Omega with any meal. Animal Pak will cover your bases with micronutrients while Animal Flex will protect your joints from hard training. Animal Omega supplies you with a balanced, full spectrum, multi-source EFA supplement formulated for bodybuilders.

Stack #5: The Serious Anabolic Stack

Goal:

Perfect for serious lifters looking to maximize performance and strength. This triple stack is ideal for frequent, heavy lifters who need help reducing recovery times.

Tools:

Animal Pak, Animal Nitro, Animal Stak

Schedule:

Animal Pak 1 pack daily, with a meal

Animal Stak 1 pack 30-45 minutes prior to training

Animal Nitro 1 pack within 30 minutes after training

Tips:

If your training is particularly tough, you can also take a second Animal Nitro packet during the day. We like taking it first thing in the morning in this stack.

Stack #6: The Off-Season Mass Gaining Stack

Goal:

This powerful quadruple stack is perfect for strength athletes looking for quality

weight gain in the off-season, those bodybuilders looking to maximize their muscle size, and traditional "hardgainers."

Tools:

Animal Pak, Animal Stak, Animal M-Stak, Animal Flex

Schedule:

Animal Pak 1 pack daily, with breakfast, lunch, or dinner
Animal Stak 1 pack daily, 30-45 minutes prior to training
Animal M-Stak 1 pack daily, 3-4 hours apart from the Animal Stak
Animal Flex 1 pack daily with any meal

Note:

Be sure not to take the Animal Stak at the same time you take the Animal M-Stak. Stagger each. For example, if you train and take the Stak in the morning, take the M-Stak in the afternoon, and vice versa. Flex can be taken at any meal of the day, timing does not make a difference.

Tips:

In addition to the above supplement stack, aim for 5-6 meals daily, every 2-3 hours. Include generous helpings of lean red beef, tuna, chicken, pork, and turkey. If you eat clean, you won't need to add any fat because you'll get them naturally from your food. Consume protein with every meal, at least a gram of protein per pound of bodyweight per day. If you want, you can supplement with some essential fats in the form of nuts, safflower oil, natural peanut butter, flaxseed oil, borage oil, or better yet, Animal Omega. Stick to low glycemic index carbs and make sure you get enough of them as glycogen fuels anaerobic training.

Stack #7: The Explosive Gains Stack

Goal:

To add maximum size and strength in a short period of time.

Tools:

Animal Pak, Animal Pump, Animal Stak, Animal Nitro

Schedule:

Animal Pak 1 pack daily with breakfast
Animal Stak 1 pack 45 minutes before training
Animal Pump 1 pack 30 minutes before training
Animal Nitro 1 pack immediately postworkout

Note:

Since both Stak and Pump are designed as preworkout packs, take Stak 45 minutes before your workout and then follow it 15 minutes later with Pump. It is always a good idea to take Pump closer to your training so as to maximize the effects of the Energy Rush Complex.

Tips:

Prioritize taking in mega calories and getting ample rest. Add a gainer shake to breakfast and have another before bed.

Stack #8: The Test Explosion Stack

Goal:

To maximize the output of testosterone and GH through multiple means to allow for dramatic gains in size and strength.

Tools:

Animal Pak, Animal Test, Animal Stak

Schedule:

Animal Pak 1 pack daily, in the AM, with your breakfast meal

Animal Stak 1 pack daily, 1 hour before training

Animal Test 1 pack daily, 30 minutes preworkout

Tips:

Cycle off with Animal M-Stak so as to maintain muscle mass gained.

Stack #9: The Ultimate Recovery Stack

Goal:

For the hardest trainers this stack will help optimize recovery from their most brutal workouts.

Tools:

Animal Pak, Animal Nitro, Animal PM

Schedule:

Animal Pak 1 pack daily with breakfast

Animal Nitro 1 pack immediately postworkout

Animal PM 1 pack before bed

Note:

Such a stack assumes the intake of the necessary whole food calories and protein. Also, a priority must be placed on sleep in order to maximize recuperation.

Tips:

To optimize the uptake of EAAs, Nitro can be taken immediately postworkout with a source of simple carbs 30 minutes prior to your typical PWO shake. If you utilize a protein shake before bed, allow 30 minutes for digestion prior to taking Animal PM to maximize absorption and efficacy.

STAK

TEST

PUMP

STAK

PAK

FLEX

CUTS

TRO

WAY OF THE ANIMAL

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Animal Pak. The Ultimate Training Pack.

The #1 selling, award winning training “pack” in the world since 1983. In those decades, more competitive bodybuilders have cut their teeth on Animal Pak than any other bodybuilding supplement in history. Why? Cuz Animal Pak gets the job done the first time, the last time, every time. Consider Animal Pak as the cast iron skillet of your supplement program, your body’s first line of defense. It’s got all the nutritional basics the dedicated lifter needs and then some. If you’re serious about the iron game, then you need Animal Pak. Let others come and go. Animal Pak is the trusted name in bodybuilding—the one that has stood the test of time.

Animal Pump. The Preworkout Muscle Volumizing Stack.

The “pump”. It’s the sensation that has the dedicated among us coming back to the gym day after day, year after year. But the pump is much more than a feeling, a fleeting rush... The pump is essential in our sport, for it signals the start of new muscle growth. Yeah, with each pump-inducing rep, nutrient-rich blood floods the working muscle cells, engorging them. This process of “cell volumization” kick starts the anabolic process. Think of Animal Pump as your “pump in a pack”. Every can, every pack’s got everything you need to maximize the pump, as well as strength and power. With the latest creatines as its foundation, Animal Pump should be a mainstay in your supplement arsenal.

Animal Flex. The Complete Joint Support Stack.

The foundation... The base supports the structure. Over time, the foundation weakens, crumbles. Not good for anyone. For the lifter, that foundation is the joints, the bones, the ligaments. Animal Flex is the only award-winning supplement specifically designed for you, the serious lifter, to help protect against the daily grind brought about by heavy-duty weight training. Effective, comprehensive and potent, Animal Flex is also convenient. Unlike other products, you only need to take Animal Flex once a day. A single “pack” will do. So when you train like the big boys, think of Animal Flex... It’s your armor against the rigors of iron warfare.

Animal Nitro. The Essential Anabolic EAA Stack.

Aminos are, in general, the basic building blocks of muscle. Sure, you can get ‘em in a steak or from a protein shake. But special aminos can actually trigger the anabolic drive—what every lifter dreams about. To achieve this, a supplement needs to meet three conditions... First, you gotta start with the right individual aminos—you specifically want the “essential amino acids”, or EAAs. Second, you need ‘em in a fast-acting, isolated or “uncoupled” form. Third, you need the correct ratios of each essential amino acid to the other. Animal Nitro

delivers on all three. After all, Animal Nitro's formula was modeled on actual Human Muscle Protein itself. Animal Nitro is not a general amino supplement, it's the specialist's amino acid product.

Animal Omega. The Essential EFA Stack.

Yeah, bodybuilders have shunned fat. For good reasons too. Truth is, there is a class of fats that are not only important, but absolutely "essential". Without these critical fats, you wouldn't make any gains, let alone survive. Animal Omega takes these special fats and custom-tailors them specifically for the hard working lifter. Whether you're adding mass or trimming bodyfat, Animal Omega can help. Animal Omega. It's the last and final word when it comes to EFA supplementation.

Animal Cuts. The Complete Cutting Stack.

Cardio sucks. There's no beauty or grace in it. You're not moving huge weight. It's just painful and exhausting. You do it cuz it's a necessary evil. Whether you're preparing for a show or just trying to get in top condition, you need the raw power of Animal Cuts. Unlike other "thermogenic" or "fat burning" supplements, Animal Cuts is two products in one. It's a potent thermogenic and an effective diuretic. Why the diuretic? Cuz even if you got minimal bodyfat, the water under your skin can make you look like a marshmallow. For a shredded, razor sharp look, you want to shed bodyfat and subcutaneous water. Now you can with Animal Cuts.

Animal M-Stak. The Non-Hormonal Anabolic Stack.

The all-new Animal M-Stak... The perfect "hardgainer's" pack... The "plateau buster" in a can. Whatever you want to call it, the completely overhauled Animal M-Stak flat out works... Even better, thanks to its improved "nutrient-partitioning" effects and its enhanced ability to promote anabolism via protein synthesis and nitrogen retention while reducing catabolism. Containing no steroidal hormones, it may be suitable for drug-tested athletes. With added features, including an even more powerful, Natural Flavone/Sterone Complex—which act as nutrient-partitioning agents shuttling needed calories specifically into lean mass instead of toward body fat deposition. M-Stak is also stacked with a new, potent Anti-Catabolic Amino Complex. These specialized aminos stimulate protein synthesis through non-hormonal signal transduction by manipulating muscle growth regulators. Next up, M-Stak's Anabolic Adaptogens reduce cortisol and other muscle-wasting catabolic agents, ensuring the

anabolic status of your internal environment. Animal M-Stak also contains cutting-edge insulin potentiators ensuring the effective and efficient utilization of ultra anabolic insulin. As you can see, it's more than just a "hardgainer's" supplement. Further, M-Stak contains a potent energy blend designed to propel you through your most intense gym sessions. Finally, the M-Stak formula is tied together by the M-Factor absorption complex, intended to ensure maximum absorption and efficacy. If you feel your training has been missing something, you're right. Animal M-Stak is here, turning hardgainers into hard gainers.

Animal Stak. The Complete Anabolic Hormone Stack.

Animal Stak is a comprehensive, natural hormone-boosting supplement, delivered in individual "packs". Each pack contains effective doses of patented and proven ingredients designed to help you naturally enhance your own body's ability to produce anabolic hormones such as growth hormone (GH) and testosterone. Animal Stak also includes DHT blockers and aromatase inhibitors to help your body prevent the conversion of testosterone to either estrogen or DHT. Finally, you'll find select vasodilators to help enhance systemic circulation and deliver these ingredients where your body needs them most.

Animal Test. The Hypertrophic Test Stack.

Gear up... Every training session, every meal, is another test to pass. Your approach is dead serious. Nothing is left to chance. You know the importance of testosterone. More test = more size & strength. It is that simple. That is why you gear up with Animal Test. Animal Test keeps it simple, breaking down the muscle-building process to its bare essence & "amplifying" the anabolic response. Animal Test is legal hypertrophic, pro-testosterone supplementation at its best. Animal Test helps enhance both testosterone output and utilization. Animal Test cuts to the core of the muscle-building process, modifying and enhancing the anabolic response. In other words, Test is money in the bank.

Animal PM. The Nighttime Anabolic Recovery Stack.

Rest and recovery. This is a top priority for the hardest trainers out there. The hardcore set know that sleep time equals growth time. It was with this in mind that the fellas at Animal formulated the most complete nighttime recovery supplement available—Animal PM. A single pack of PM combines powerful GH boosters, immune support and recovery agents, anabolic aminos and a potent blend of sleep and relaxation enhancers--all designed to promote deep and restful sleep and hastened recuperation, accelerating the growth process. Sleep well and know you'll grow with Animal PM.

STACKING FOR DUMMIES

State your goal (check 1).

I want to...

- Gain mass
- Get lean
- Improve strength
- Maintain muscle while burning fat
- Other _____

Build your base.

Every Animal stack starts with the Pak to provide nutritional insurance. This is your core. You can add Flex to protect your joints, Nitro to maximize recovery, Omega for your EFAs, Pump to enhance strength and performance or PM to promote rest and recovery. Utilize these basics as you see fit. Beyond Pak, you can add all of the foundational supplements or none of them, depending on factors like your goals, experience level and supplement budget.

Add a cycle.

Stak, Test, M-Stak and Cuts all serve their purpose for the hard training strength athlete. If you want to enhance overall hormonal output add Stak, to directly boost testosterone add Test. For a non-hormonal anabolic to add raw size, choose M-Stak. To get shredded utilize the fat burning power of Cuts. Choose one primary cycled product to complete your stack, depending on your immediate goals.*

*Advanced stackers often combine multiple cycled Animal products with their foundational staples to create their own extra-potent stacks.

OR DUMMIES

_____ 's Stack:

Pak

Foundational Products (check 1 or more):

Flex

Nitro

Omega

Pump

PM

Cycled Products (check 1):

Stak

M-Stak

Test

Cuts

STACKING LOG

TIME	STACK
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____
	<input type="checkbox"/> PAK <input type="checkbox"/> CUTS <input type="checkbox"/> FLEX <input type="checkbox"/> M-STAK <input type="checkbox"/> NITRO <input type="checkbox"/> OMEGA <input type="checkbox"/> PUMP <input type="checkbox"/> STAK <input type="checkbox"/> TEST <input type="checkbox"/> PM <input type="checkbox"/> OTHER _____

NOTES

STACKING LOG

TIME

STACK

PAK CUTS FLEX M-STAK NITRO OMEGA PUMP
 STAK TEST PM OTHER _____

PAK CUTS FLEX M-STAK NITRO OMEGA PUMP
 STAK TEST PM OTHER _____

PAK CUTS FLEX M-STAK NITRO OMEGA PUMP
 STAK TEST PM OTHER _____

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 STAK TEST PM OTHER _____

PAK CUTS FLEX M-STAK NITRO OMEGA PUMP
 STAK TEST PM OTHER _____

NOTES



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