



## S/E Stack

Administration for max. 4 weeks and after 8-12 weeks interruption

<b>1<sup>st</sup> week</b>	2x1 S-Blade (1x with breakfast 1x with evening meal, daily) 1x2 E-Blade et 1x1 S-Blade about 30 min. before training (on an empty stomach)
<b>2<sup>nd</sup> week</b>	2x1 S-Blade (1x with breakfast and 1x with evening meal, daily) 1x3 E-Blade et 1x1 S-Blade about 30 min. before training (on an empty stomach and only on training days)
<b>3<sup>st</sup> week</b>	2x1 S-Blade (1x with breakfast and 1x with evening meal, daily) 1x3 E-Blade et 1x1 S-Blade about 30 min. before training (on an empty stomach and only on training days)
<b>4<sup>th</sup> week</b>	2x1 S-Blade (1x with breakfast and 1x with evening meal, daily) 1x3 E-Blade and 1x1 S-Blade about 30 min before training (on an empty stomach and only on training days)