

CODE RED-APPROVED PRODUCTS AT GNC

Lewiston, Idaho GNC Phone: 208-743-4462

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SUPPLEMENTS

- o All GNC Women's Ultra Mega Formulas
- All GNC Hair Skin and Nail Formulas
- All GNC Mega Men Formulas
- GNC Melatonin
- o GNC Tri-Sleep
- o KAL Magnesium Glycinate 400
- o GNC Vitamin D3

ELECTROLYTE REPLENISHMENT

- > Apple Cider Vinegar
- > Ultima Electrolyte Powders

HIGH-FAT FOODS

- o MCT Oil
- All Flax Oils and Powders
- o Cacao Powder
- All Coconut Oil

SWEETENERS & PROTEIN POWDERS

- > All Stevia
- > Any protein powder w/3 or fewer grams of carbs/sugar per serving

HELP WITH "NUMBER TWO"

- Smooth Move Tea
- Barn Dad's Fiber
- GNC Clear Mixing Super Fiber

BOOKS

- > The Code Red Revolution
- > Code Red 2nd Edition Cookbook