

# STACKS

Having been around for nearly half a century, Beverly has had plenty of time to figure out which supplement combinations, or stacks, work best under a given set of circumstances. In this final section of our guide, we'll teach you the basics of stacking and offer a variety of stacks to suit your individual experience level, goals, and budget.

## Why stack?

Understandably, some people may see stacks as a clever attempt by supplement companies to convince consumers to buy multiple products. While we can't speak for other brands, at Beverly, we won't recommend a product to you unless we feel it is in your best interest. That's a promise.

One of the primary justifications for stacking is that dietary supplements often differ in their mechanism(s) of action. For instance, protein and some amino acid supplements work by stimulating muscle protein synthesis (anabolism) and/or reducing protein breakdown (catabolism). Creatine is thought to work mainly by increasing phosphocreatine levels. 7-keto increases the activity of thermogenic enzymes. Caffeine blocks the effects of adenosine. Carbohydrate replenishes glycogen stores. And so on. Each supplement works in a different way. By combing them properly, it stands to reason that you can get better results.

Of course, the most powerful "supplement" will always be an intelligent approach to training and diet. In the beginning, you can typically make excellent progress by combining this with one or two staple supplements, such as a high-quality protein powder and a micronutrient (vitamin and mineral) formula. However, as you become older and more experienced, you may need to add more specialized products in order to break through plateaus and achieve new personal bests.

Let's briefly consider experience level. In general, the longer you've been training, the greater the volume of exercise that is required to stimulate adaptation (e.g. muscle hypertrophy). The 5-10 sets that used to produce decent results in the beginning may no longer suffice. Now you may need to perform 15-20 sets. On the other hand, this greater volume of training takes longer to recover from. This is just one example of why your supplement needs can change over time.

## The 3 Levels of Stacking

With Beverly, stacking is literally as simple as 1, 2, 3:

- **Level 1:** Start here if you are new to stacking, you are a novice athlete (e.g. 1 year or less of training), or you are on a strict budget.
- **Level 2:** If you are an intermediate-level athlete, are already quite familiar with stacking, or have a medium-sized budget, you can jump right up to Level 2.
- **Level 3:** Level 3 is for advanced athletes (i.e. individuals who are close to their genetic potential) or anyone who wants the most comprehensive stack available to help them accomplish their goals.

On the next pages, you will see that some of our products "float" from one level to the next, depending on the stack. This can be explained by the differences in goals between stacks.

**NOTE:** Whichever stack you choose, we strongly advise that you accompany it with a comprehensive micronutrient formula such as Super Pak or FitTabs. If you are an advanced athlete, choose Super Pak. Otherwise, choose FitTabs.



Questions? Get answers from a Beverly Supplement Advisor at 1-800-781-3475.  
Every Beverly supplement is backed by our 60-Day, Zero-Risk, 100% Satisfaction Guarantee.

# STACKS FOR MEN

## Get My Body Back!

**Goals:** Start to build muscle, lose fat, and improve overall health and fitness.

**Ideal for:** Any healthy man who has recently embarked on a structured exercise program in an effort to get back in shape.

- **Level 1: Ultimate Muscle Protein (UMP), Lean Out**
- **Level 2: UMP, Lean Out, and Creatine Select**
- **Level 3: UMP, Lean Out, Creatine Select, Quadracarn**

## Natural Muscle Size

**Goals:** Increase lean muscle size and strength.

**Ideal for:** Any healthy man who performs resistance exercise at least 3x/week and whose chief goal is building muscle.

- **Level 1: UMP, Ultra 40, Mass Amino Acids (the latter two products should be taken together for maximum results)**
- **Level 2: UMP, Ultra 40, Mass Amino Acids, Creatine Select**
- **Level 3: UMP, Ultra 40, Mass Amino Acids, Muscle Synergy, Quadracarn**

**NOTE:** If you want to gain weight, choose Mass Maker Ultra in place of, or in addition to, UMP.

## Fat-Loss Accelerator

**Goals:** Increase fat-burning metabolism and preserve muscle.

**Ideal for:** Any healthy man who exercises regularly (resistance exercise & cardio) and wants to trim body fat without losing muscle.

- **Level 1: UMP, Quadracarn**
- **Level 2: UMP, Quadracarn, Lean Out, 7-Keto MuscLean (the latter two products should be taken together for maximum results)**
- **Level 3: UMP, Quadracarn, Lean Out, 7-Keto MuscLean, Density or Muscularity**

## Speak to human? Check.

Isn't it frustrating when you call a "service" company only to have to push button after button before you can speak to a live person? Often times, when you do finally get someone on the other end, they're 10,000 miles away, reading from a script.

Beverly makes customer service easy. All it takes is a few seconds to reach one of our Supplement Advisors at our headquarters in Cold Spring, Kentucky. They're available to help you Monday to Friday, 9 AM to 5 PM ET, by phone and email.

## Results makers, not order takers.

Every Beverly Supplement Advisor is hired, trained, and managed by Beverly, and personally uses our products. When you call, their primary objective is to help you get better results, not just take your order.

## Mature Muscle (40 years of age & up)

**Goals:** Reverse age-associated loss of lean muscle size and physical conditioning.

**Ideal for:** Any healthy man 40 years of age or older who exercises at least 3x/week (resistance exercise & cardio) and seeks to restore lean muscle size and performance.

- **Level 1: UMP, Quadracarn**
- **Level 2: UMP, Quadracarn, Muscle Synergy**
- **Level 3: UMP, Quadracarn, Muscle Synergy, Density**

**NOTE:** For Level 1, choose Provosyn in place of UMP if you consider yourself a hard gainer. For Levels 2 and 3, add 7-Keto MuscLean if you are struggling with age-associated fat gain.

## Contest Prep

**Goals:** Maximize muscle density, fullness, vascularity, and overall conditioning during pre-contest dieting.

**Ideal for:** Bodybuilding and physique competitors, 8-10 weeks out from competition. Performing resistance exercise and cardio 5x/week or more.

- **Level 1: UMP, Mass Amino Acids, Ultra 40**
- **Level 2: UMP and/or Muscle Provider, Ultra 40, Density, Lean Out, 7-Keto MuscLean**
- **Level 3: UMP and/or Muscle Provider, Ultra 40, Density, Lean Out, 7-Keto MuscLean, Glutamine Select or Muscularity**

**NOTE:** For Levels 2 and 3, add Quadracarn if you are 40 years of age or older, or struggling to achieve good vascularity.

# STACKS FOR WOMEN

## Get My Body Back!

**Goals:** Start to build muscle, lose fat, and improve overall health and fitness.

**Ideal for:** Any healthy woman who has recently embarked on a structured exercise program in an effort to get back in shape.

- **Level 1:** Ultimate Muscle Protein (UMP), Lean Out
- **Level 2:** UMP, Lean Out, Glutamine Select
- **Level 3:** UMP, Lean Out, Glutamine Select, Energy Reserve

## Slim & Tighten

**Goals:** Reduce body fat, and improve body shape, tone, and definition.

**Ideal for:** Any healthy woman who exercises at least 3x/week (resistance exercise & cardio) and want to slim, tighten, and tone their body.

- **Level 1:** UMP, Lean Out
- **Level 2:** UMP, Lean Out, 7-Keto MuscLean, EFA Gold
- **Level 3:** UMP, Lean Out, 7-Keto MuscLean, EFA Gold, Glutamine Select or Muscularity

**NOTE:** For Levels 2 and 3, add Energy Reserve if you wish to accelerate your rate of fat loss.

## Bodysculpting

**Goals:** Compared to Slim & Tighten, this stack places greater emphasis on developing and defining lean muscle.

**Ideal for:** Any healthy woman who performs resistance exercise at least 4x/week and wants to take their muscle development to the next level.

- **Level 1:** UMP or Muscle Provider, Glutamine Select
- **Level 2:** UMP or Muscle Provider, Glutamine Select, Lean Out, Density
- **Level 3:** UMP or Muscle Provider, Glutamine Select, Lean Out, Density, Ultra 40

**NOTE:** For Levels 2 and 3, add Quadracarn and Muscle Synergy if you are over 40, or are struggling to achieve a satisfactory level of muscle fullness.

## Contest Prep

**Goals:** Maximize fat loss while preserving lean muscle during pre-contest dieting.

**Ideal for:** Fitness, figure, physique, and bikini competitors, 8-10 weeks out from competition. Performing resistance exercise and cardio 5x/week or more.

- **Level 1:** UMP or Muscle Provider, Lean Out, 7-Keto MuscLean
- **Level 2:** UMP or Muscle Provider, Lean Out, 7-Keto MuscLean, Glutamine Select
- **Level 3:** UMP or Muscle Provider, Lean Out, 7-Keto MuscLean, Glutamine Select, Density, Energy Reserve

## Fit 45+

**Goals:** Reverse age-associated fat gain and loss of muscle, and improve physical fitness and wellness.

**Ideal for:** Any healthy woman 45 years of age or older who exercises at least 3x/ week (resistance exercise & cardio).

- **Level 1:** UMP, Quadracarn, 7-Keto MuscLean
- **Level 2:** UMP, Quadracarn, 7-Keto MuscLean, Lean Out, Glutamine Select or Muscularity
- **Level 3:** UMP, Quadracarn, 7-Keto, Lean Out, Glutamine Select or Muscularity, GH Factor

# STACKS FOR SPORTS

## Sports Performance (Men & Women)

**Goals:** Football, basketball, baseball, hockey, lacrosse, soccer, martial arts, tennis -- no matter what your sport, this stack will help you perform your best.

**Ideal for:** Male and female recreational and competitive athletes who wish to improve strength, speed, power, stamina, or endurance.

- **Level 1:** Ultimate Muscle Protein (UMP) or Mass Maker Ultra (MMU)
- **Level 2:** UMP or MMU, Creatine Select, Glutamine Select
- **Level 3:** UMP or MMU, Creatine Select, Glutamine Select, Up-Lift