

# READ THIS FIRST!

## You have purchased a **HIGHLY ADVANCED MUSCLE BUILDING PRODUCT - DO NOT WASTE IT!**

Thank you for purchasing Ripfasts fantastic new bodybuilding supplement stack Test De Luxe Stack. In line with our previous testosterone supplements it is a very powerful product, amongst our most advanced to date. So as not to waste your money and most importantly time & energy, please try to follow the guidelines below to the greatest and fastest muscle building success whilst using this product.



### **IMPORTANT GUIDELINES – READ BEFORE YOU USE THIS PRODUCT!**

1. Please follow the dosage guidelines carefully and keep the product out of the reach of children.
2. Please ensure that you are starting a strict period of bodybuilding training when you start using Test De Luxe Stack. This means intense, heavy weight training, a minimum of 4 times a week in the gym.
3. We **HIGHLY RECOMMEND** the use of the Ripfast 5000 Ultimate Bodybuilding System principles when you train with weights. If you are not familiar with Ripfast 5000 - get the basic edition & training video free by signing up at [ripfast.com](http://ripfast.com). It is a super powerful training program that has delivered fantastic results for our clients over the past 20 years.
4. Cut out fizzy drinks (including diet sodas), sugar and junk food from your diet. Do this at least for the period you use this product so that you can see the difference and perhaps clean up your diet for good after this!
5. Boost your daily protein intake. You need at least 1 to 2 grams per pound of bodyweight. If you find you are gaining fat, cut back. Use the mirror as your guide. Alternatively, accept the fat, gain the muscle, then lose the fat later on a cutting cycle (see Ripfast 5000).
6. Use protein drink supplements to supplement your 'real food' protein intake. Real food gets best results. Only use shakes if you can't access real food, before and after training and at bedtime if you prefer.
7. Actively include chicken, turkey, beef and fish in your diet. But the best meat for serious lean muscle gains is tuna. Do not use the processed, 'deadened' rubbish they call tuna available in cans. Go to your local fishmonger (even major supermarkets now have 'in-store' fishmongers) and buy fresh tuna steaks. A 150g steak (seasoned with chilli and lime) with a baked potato and steamed vegetables is a stunningly effective muscle meal. Eat these foods daily, **RELIGIOUSLY!**
8. Stick to the timings of taking your servings of Test De Luxe Stack strictly. Do not miss even one serving, set an alarm on your phone to ensure that you stick to the program and supplement time schedule.
9. As point 1 – stick to an intense, weight heavy training program for at least the period you are using this supplement. (Note: the weight you do should only allow you to do six to eight **STRICT** reps, any less or more means the weight you are using is incorrect – too light or too heavy).
10. Drink plenty of water, get plenty of sleep (minimum 8 hours per night).
11. Buy a tight top and be prepared for shocked - 'How did you do that so fast?' type compliments. You're going to get them!

Please join Ripfast online for regular tips, our training blog and data about training methods, new exercises and food ideas as well as info unrelated to training that we feel could be useful to our Clients.

You made an excellent choice with this product. Thank you & we look forward to being of service to you again in the near future.

Sincerely

A handwritten signature in black ink that reads "Neil St Paul". The signature is stylized with a large, flowing 'N' and a clear, legible name.

Neil St Paul  
Ripfast Europe

PS – Moving house? Let us know! Email to: [info@ripfast.com](mailto:info@ripfast.com). So that we can keep you up to date.