



OPTIMIZE YOUR GAME

WITH A NUTRITIONAL-HEALTH ASSESSMENT

Blue Mountain Apothecary offers a Nutritional Assessment, a review of your caloric needs based on your sport, along with recommendations for Protein/Carb/Fat and appropriate supplements to optimize your game. Consider a package deal of 3-months @ \$295 to include:

- 1. Introductory consult (on-site or phone) to briefly discuss your needs & what we can do for you.*
- 2. Two BioImpedance Analysis - First one to get us started & set baseline; second BIA after 6-8 weeks to assess changes. (Additional BIA normally \$85/ea, discounted @ \$50/ea)*
- 3. Three 1-hour consults (on-site or phone); generally 1 per month (Additional consults normally \$120/appointment; discounted 30% @ \$85)*
- 4. Unlimited emails to exchange information, workouts, progress reports, handouts.*
- 5. Review & Assessment of current nutritional/health needs to improve your athletic performance: Strength, Stamina, Digestion, Sleep Pattern, Energy Pattern, Stressors*
- 6. Recommendations for Daily Caloric Load to include % Protein/Carbs/Fats, hydration, eating pattern, and sample Food Charts.*
- 7. 20% discounts on supplements, vitamin-mineral combos, omega oils, protein powders/bars, Sports Rejuvenation Creams/Gels/Lotions, and custom compounded formulations for Pain Management.*

A \$500 VALUE FOR \$295

**USE THIS OFF-SEASON TIME TO REJUVENATE - RECOVER - GET HEALTHY
YOU SET THE GOAL, WE WILL HELP GET YOU THERE.**

Lynn Shumake, PD

**Sports Nutrition Pharmacist, Certified
"Optimize Your Game"
Nutritional consultations - Performance advice
Amateur and Professional athletes
Optimize Strength, Endurance, Recovery**

**Blue Mountain Apothecary
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