










GEM PHARMA

HIGHFLYER PIGEON SUPPLIMENT GUIDE RACE WEEK

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
MULTIVIT B12	MULTIVIT B12	MUSCLE POWER	MUSCLE POWER	MUSCLE POWER	VITA MINERAL 1000	VITA MINERAL 1000
						
		BATH SALT				

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
4 in 1	MULTIVIT B12	MULTIVIT B12	MULTIVIT B12	Respiratory Plus	Recovery Plus	Recovery Plus
						
MULTIVIT B12	Muscle Power + Vitamineral 1000	MUSCLE POWER	Muscle Power + Vitamineral 1000	RACE BOOSTER	RACE BOOSTER	VITA MINERAL 1000
						
		BATH SALT				

RACE DAY

