




Fly Program

middle and long distances

WEEK 1	day 1 <i>arrival</i>	day 2	day 3	day 4	day 5	day 6	day 7
MIXING with FOOD		 GARLIC + PROTEIN MIX	 GARLIC + PROTEIN MIX			ENERGY OIL + BREWER'S YEAST	ENERGY OIL + BREWER'S YEAST
MIXING with WATER	 CARELYT	 GLUCOVIT	 CARECHOL				
other	 FLY FORMA DROPS				BADESALZ		

WEEK 2	day 1	day 2	day 3	day 4	day 5	day 6 <i>fly away</i>	day 7
MIXING with FOOD					ENERGY OIL + ENERGY MIX	ENERGY OIL + ENERGY MIX	
MIXING with WATER	 FAST FORM	 CAREMIN	 CAREMIN	 CARESOL	 CARESOL		
other		BADESALZ				 FLY FORMA DROPS	

