



TEAM GREENS PLUS™

Featured in the major motion pictures: Contact, Mr. Baseball and Black Rain

Trains many professional actors, and martial artists including: Brad Pitt, Oscar de la Hoya, Akebono (Sumo) and B.J.Penn (UFC)

"I've been using Greens Plus everyday for 12 years. It is the foundation of my supplement program and a nutritional requirement for all the fighters I train. Greens Plus products make it easier to stay in top physical condition."

bigmakatak@gmail.com



NAME

Mak Takano

HEIGHT

5'9"

WEIGHT

160 lb

OCCUPATION

Actor
Mixed Martial Artist
Professional Fitness Trainer

WEEKLY TRAINING SCHEDULE

Kempo karate 5x
Resistance training 5x
Specialized MMA conditioning 3x

SUPPLEMENT PROGRAM

Daily:
Original Greens Plus,
Thermo Greens Plus,
Pro-Relief Plus

Pre-training:
Omega³ Chia Energy Bars

Post-training:
Protein Bars, Omega³ Chia