

SPORTS NUTRITION

It's all about recovery



Since the time of the most ancient civilizations, athletes have attempted to enhance their athletic performance with various nutritional approaches. However, as our knowledge of athletic metabolic physiology increases, we have learned that **recovery** from intense exercise is just as important as actual athletic performance in the athlete's total training program. When an athlete is able to recover faster, they can train harder and perform at a higher level. The enhancement of athletic recovery is the basis of sports nutrition.

In assessing sports nutrition and supplements, it is important to remember that not all athletes are the same. There are marked differences in nutritional needs between endurance athletes and strength athletes, between conditioned versus re-conditioned athletes, between male and female athletes, and other individual problems, challenges and predispositions which point out the individuality of each athlete. Intense athletic exercise can be a major stressor for an athlete and can jeopardize immune health and performance over time. That is why a solid recovery program is essential for any athlete at any level. Proper sports nutrition includes a foundational healthy diet, nutritional supplementation (both basic and sports-specific), appropriate rest time and, of course, ample water and hydration.

Certainly one of the key building blocks in an athlete's diet is protein, which is essential for building and repairing muscle. **Perfect Protein Powder** is an excellent choice for protein supplementation. Its liquid consistency provides for greater absorption of essential nutrients and amino acids. While it is a complete amino acid composition in itself, **Perfect Protein Powder** can be enhanced further with the addition of singular amino acids such as branch chain amino acids (BCAA), L-arginine, L-carnitine and glutamine. Essential nutrients such as magnesium, coenzyme Q-10 and multivitamin supplements also can be added to supercharge the basic amino acid composition of **Perfect Protein Powder**. Athletes participating in intense exercise need to recognize that they will require vitamin supplementation above that of the recommended daily allowance (RDA), given their increased metabolic expenditure.

Given the high level of interest in sports nutrition today, certain products have been developed which will help the athlete with both performance and recovery. **Nitric Oxide Formula** is a combination of ingredients, including L-arginine and L-citrulline, designed to support healthy nitric oxide levels and to support the integrity and vascular health of the blood vessel wall, resulting in enhanced blood flow, stamina, performance and recovery. High dose magnesium, which is found in **Magnesium Glycinate Powder 1000 mg**, can be very helpful in preventing muscle cramping and pain. **High Performance Drink** is a specially formulated drink which can provide athletes with the nutrients necessary for energy and endurance to be able to train harder and achieve performance goals faster. **Fruits and Greens Energy Drink** is an easy-to-mix, nutrient-rich superfood formula with whole food concentrates designed to provide synergistic phytonutrient nutrition and increased energy. Finally, **Ultimate Joint Complex** will help to minimize joint deterioration secondary to overuse, and help to re-establish collagen levels in stressed joints.



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