

# 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 athletes' metabolic physiology increases, we have learned that recovery from intense exercise is just as important as athletic performance in the total training program. When an athlete can recover faster, they can train harder and perform at a higher level. This 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 known differences in nutritional needs between endurance athletes and strength athletes, between conditioned versus re-conditioned athletes, between male and female athletes, and other problems 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 critical 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, it 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 Q10, ribose, 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 that will help the athlete with both performance and recovery. Perfect Protein Powder has already been discussed as a vehicle to enhance muscle recovery. Neo40 Pro is a unique product which increases blood flow, oxygen levels and stamina in athletes at any level, but particularly in endurance athletes. Ribose Complex provides ribose and other muscle-recovery nutrients to prevent muscle fatigue and soreness. The enzymes in Proteo-Zymes Joint/Muscle Formula will help to relieve soreness and expedite healing in fatigued and stressed muscles. Finally, Ultimate Joint Complex will help minimize joint deterioration secondary to overuse, and help to re-establish collagen levels in the joint. These and many other products are available at the pharmacy, as well as advice on how to get the best possible outcome from your supplement choice.

- Perfect Protein Powder
- Neo40 Pro
- Ribose Complex
- Proteo-Zymes Joint/Muscle Formula
- Ultimate Joint Complex

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