

What is Sports Nutrition?

Sports Nutrition is a term used to describe highly nutritious functional food products or supplements that have been specifically designed to assist sporting activities. They can be used 'Pre-Workout', 'During-Workout' or 'Post - Workout'.

Sports Nutritional Products are engineered to provide superior levels of optimised nutrition.

What are the benefits of Sports Nutrition?

Quality sports nutrition is the natural way to assist the **physical training – you invest in your body-** whether you want to lose excess body fat, build a sculpted physique, achieve a healthy life balance or compete at peak physical performance. Sports Nutrition can help you achieve your objectives safely and effectively!

- Physique Sculpting – Fat Loss, Muscle gain, toning
- Performance – Increased power, endurance, energy, and reduction in recovery time, convalescence.

Which Sporting activities can benefit?

- **ALL**
- Running
- Martial Arts
- Cycling
- Body Building
- Triathlon
- Boxing
- Rowing
- Climbing
- Athletics
- Swimming
- Rugby
- Football

Who uses Nutritional Supplements?

Many types of people use supplements for their convenience and optimised nutritional value.

- Athletes
- Normal Gym users
- Professional athletes
- Models - even Hollywood celebrities
- Major trauma victims, AIDS patients