



Sports Nutrition

Better nutrition results in better performance.

Nutritional deficiencies can often result in reduced endurance, fatigue, or inability to perform well. Whether you are simply doing light athletics for health reasons or preparing for competition, your overall nutritional state plays an important part in your readiness and ability to perform well.

A well-balanced diet is essential for an athlete. However, even with the most balanced food intake, strenuous exercise can often cause rapid use of nutrients; in these cases, supplements may be necessary to help improve performance.

NOTE: Nutritional supplements should not take the place of a proper diet for athletic purposes. Even if weight loss is the goal, a balanced diet combined with exercise is necessary.

The following supplements have been shown to be helpful for athletes:

Amino Acids, the components of protein, appear to act as performance enhancers. In specific, amino acids appear to help reduce muscle loss and speed muscle build-up and more importantly muscle repair. GNLD's Protein Supplements contain all 22 Amino Acids found in Nature. One cannot stress enough the importance of protein with Sports Nutrition.

Antioxidants, such as Vitamin C and Vitamin E, and Carotenoids, are an important part of the body's defence against muscle damage from exercise. Strenuous exercise increases the body's production of free radicals, which, in turn, can cause muscle damage which manifests as swollen or painful muscles

B-Complex Vitamins help the body to utilize the energy found in carbohydrate-rich foods. In particular, Vitamin B2, Vitamin B6, and Pantothenic Acid appear to be of great use to athletes in reaching their full potential. Carnitine appears to decrease muscle soreness. B-Complex Vitamins gives you the energy and vitality to keep performing at optimal levels.

Vitamin C helps to prevent heat fatigue. When you are under stress the body's adrenal glands produce adrenalin hormones to cope with stress and the body needs Vitamin C to produce these hormones.

Omega 3, Tre-en-en oils and Flavonoids have anti-inflammatory properties. These supplements can help to reduce inflammation and ease the pain of muscle soreness. Omega 3 lubricates the joints and keeps them healthy as well.

Tre-en-en Oils, comprised of sterols and lipids appear to increase the release of endorphins, as well as the growth of lean muscle tissue...and provide the body with much needed sustained energy!



HMB, part of the **amino acid leucine**, found in the **GNLD Nutrishake/ GR2 Protein Shake /GNLD Protein Powder** appear to also increase the growth of lean muscle tissue. Athletes using the supplement have shown more muscle gain than those not taking the supplement over a comparable time period under the same exercise regimen.

Iron and Vitamin E is critical when exercising, as it is necessary for the body's transferral of oxygen through the blood to muscles. Low iron levels can result in muscle soreness, fatigue, reduced endurance, and more injuries.

GNLD's Calmag (Calcium and Magnesium) Magnesium is necessary for muscle contraction, heart rate regulation, and muscle growth. Strenuous exercise can rapidly deplete the body's stores of magnesium; supplements are often helpful.

Magnesium also puts energy back into the muscle. Calcium is imperative for prevention of cramps and heartburn.

Aloe Vera plus Ginseng are often used by athletes, as they generally have an energizing effect. Aloe Vera also improves lung function and assists with breathing and calms Asthma episodes.

Chromium is used in great quantity during exercise, as is **Zinc**. Low levels of these nutrients are often seen in the blood after strenuous exercise, and these low levels are often associated with blood sugar fluctuations, decreased energy levels, and slower muscle recovery times.

A Positive and strong mind... Nutrients have proven to affect one's attitude and thinking especially needed in endurance sport and long distance running.

The nutrients are especially **Omega 3, Vitamin B Complex, Zinc and Calmag**.