



Athletes Need Nutritional Supplements in Their Game Plan

By James Johnson
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The demands that athletes put on their bodies require them to replenish the lost nutrients and vitamins necessary to maintain good health and optimal performance. As athletes, we put our bodies through vigorous training periods, and so we must always monitor our diets to achieve better workouts and quick recoveries. Unfortunately, our food diet alone may not supply enough vital nutrients. Daily supplements can be crucial in supplying the high quality, targeted nutrients athletes need to win.

Athletes seeking a quality nutritional supplement should look for four vital ingredients: antioxidants, digestive enzymes, vitamin-minerals, and phytogreen (green foods).

Antioxidants are the substances that block or inhibit the destructive oxidation reactions that occur at a cellular level especially following strenuous workouts. An antioxidant supplement should include vitamin C and E, the minerals selenium and germanium, the enzymes catalase and superoxide dismutase (SOD) coenzyme Q10 and amino acids.

Digestive enzymes break down food particles and nutrients for storage in your liver or muscles, stored energy that the body later converts, by other enzymes, for its use. There are three types of digestive enzymes: (1) *Amylase*, which breaks down carbohydrates; (2) *Protease*, which helps to digest protein; and (3) *Lipase*, which aids in fat digestion.

Vitamins are essential to our health. They assist with our overall health by regulating the metabolism and helping the biochemical processes that release energy from digested food sources. Nutritionists consider vitamins "micronutrients" because our bodies need them in relatively small quantities compared with nutrients such as carbohydrates, proteins, fats, and water.

We also need minerals to compose healthy body fluids and blood, maintain strong bones, sustain healthy nerve functions, and regulate muscle tone, including muscles of the cardiovascular system.

Green Foods are also critical. They also help athletes reach optimal perform-

ance as they supplement our daily intake of proteins, trace and ultra-trace minerals, and phytonutrients. Green foods also provide additional antioxidants.

Everyone can benefit from a multi-vitamin that contains the full spectrum of nutritional support. For athletes, though, I recommend *Essentials*, a specially formulated, highly-concentrated blend of vitamins, minerals, antioxidants, digestive enzymes and green foods that are designed to provide the broad and scientifically balanced nutrition that a body needs. *Essentials*, by Nutrition for Life, is among a new class of advanced, full-spectrum nutritional supplements designed to ensure the synergistic blending of a wide combination of critical nutrients necessary for an athlete's health.

As NFLI's latest innovation in multi-vitamins, *Essentials* contains in its daily packets all of the vital ingredients discussed above. *Essentials* delivers a "Powerhouse" of nutrients that includes vitamins and minerals, phytogreen, antioxidants, and digestive enzymes required for athletes' to get the most out of training and competition.



A recent issue of *Journal of the American Medical Association* announces a reversal of their long-standing anti-vitamin policy; they advise all adults to take at least one multivitamin each day.

Scientists' understanding of the benefits of vitamins has rapidly advanced, and it now appears that people who get enough vitamins may be able to prevent such common chronic illnesses as cancer, heart disease and osteoporosis, according to Dr. Robert H. Fletcher and Kathleen M. Fairfield of Harvard University, who wrote the *Journal's* new guidelines. The last time the *Journal* made a comprehensive review of vitamins, about 20 years ago, it concluded that normal people shouldn't take multivitamins because they could get all the nutrients they needed from their diet.

Experts estimate that one-third of the American population take multivitamins. However, health experts are increasingly worried that most American adults do not consume healthful amounts of vitamins in their diet.

In training and competition, the use of a multi-vitamin could be the missing ingredient in reaching the next level, and this is why multi-vitamins are a key nutritional supplement needed in every athlete's game plan.

Please visit my website at www.jjchamp3x.com for more information about Nutrition For Life latest innovations in nutrition science and technology to deliver leading-edge products that are safe and effective. James is a Bronze Certified Coach and pursuing a postgraduate degree in Clinician Nutritional Studies. You may contact him toll free at 1-888-877-2322 or email info@jjchamp3x.com

Fila Cadet Nationals. 85 kg Jake Kullestad, Montana, won by a pin in 2:31 over Joe Dennis, Ohio, for first place. Photo by G. Wyatt Schultz.