



Antioxidants are Important for Athletes in Training and Competition

By James Johnson
3x USA National Champion

Have you ever felt your body dragging from intensive training or competition? This is probably a warning sign that your immune system is lacking vital nutrients required to fight off free radicals, the harmful molecules that invade our bodies from countless sources. Antioxidants are nature's chief defense against free radicals, most commonly derived from certain food additives, pollutants, and toxins in our air and water. The foods we eat supply many of the antioxidants needed to combat free radicals, but it is difficult to get enough of them to combat the many free radicals so constantly available in our environment. To perform at their highest level and win championships, athletes especially need antioxidants to help detoxify and protect their bodies from free radicals.

Athletes can minimize the effects of

free radicals by taking a nutritional supplement. I highly recommended NFLI Coenzyme Q-10 with Bioperine to assist athletes with their overall cardiovascular health, help guard against infections, and increase their energy levels. Many scientists believe that Coenzyme Q-10 acts as an "antioxidant" in cells because it has the ability to neutralize oxygen free radicals. It helps to produce energy and may help boost immunity. It has also been shown to be a powerful antioxidant for the brain, and may help regulate the cardiovascular system. Coenzyme Q10 with Bioperine plays a critical role in the conversion of food into usable energy in cell mitochondria.

Coenzyme Q-10, a complex organic compound also known as ubiquinone, is produced naturally in all plants and animals. Nearly every cell in our bodies uses

Coenzyme Q-10 to produce energy. It is a co-factor in the bio-chemical pathway in our cells from which ATP and metabolic energy are derived. The heart, immune system, liver and other organs require large amounts of energy. The nutritional supplement Coenzyme Q-10 is the catalyst that cells need to break down fats, sugar, and amino acids. It also contains Bioperine, a black pepper extract that may help enhance the absorption of nutrients. These processes are critical for all athletes involved in intensive training and competition.

Co-enzyme Q-10 with Bioperine has been rated as one of the most important nutritional discoveries of the last half of the 20th century!

Nutrition supplements that contain antioxidants benefit every athlete's overall health. They help our bodies to guard against disease, increase muscular strength, and improve blood sugar and energy levels. Today, all athletes need to be knowledgeable about innovative, leading-edge nutritional products, and NFLI is committed to be the front runner in providing safe and effective products.

NFLI offers a Wholesale Customer Program geared towards high schools, universities and individuals who would like to purchase products for training and competition. You may inquire about this program by calling NFLI at 1-800-344-5892. When calling, please give them my name, James Johnson, and ID number 223163. I am currently studying for my postgraduate degree in Clinician Nutritional Studies. You may contact me at 1-888-877-2322 or visit my website at www.jjchamp3x.com for more information. 📧

One of the most important nutritional discoveries of the 20th Century!

Coenzyme Q-10 has been shown to be a powerful antioxidant for the body and may help regulate the cardiovascular system. CoQ-10 is also called 'ubiquinone,' a name that relates to its widespread (ubiquitous) distribution in the human body. CoQ-10 helps cells, including neurons, support the immune system.*



Used by World-Class Wrestler
James "JJ" Johnson

- 3 Time USA National Champion
- 4 Time World Cup Medalist
- 2001 Veterans World Bronze Medalist



Contact JJ For More Information:

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www.jjchamp3x.com

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