



Nutrient Drinks for Quick Energy and Weight Management

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3x USA National Champion

Wrestlers are always looking for a nutrient drink with high energy and low calories. During the wrestling season they have to stay mentally focused while balancing opposite demands. They need to

maintain their weight by dieting, but must also consume high energy foods. During my wrestling career, I varied my caloric intake during months of international travel, looking for a quick energy boost and meal replacement while also worrying

about managing my weight. Searching for the right balance, I learned to blend shakes combining fruit and berries with a nutrient rich product. Through the years I learned how crucial it is to find and utilize the right nutrient drink mix. I learned that the way