



## **Enzymes Can Play an Important Role in Sports**

**By James Johnson**  
3x USA National Champion

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**W**ith their fast-paced schedules, today's athletes are always looking for better ways to recover from sports injuries, or just from the routine wear and tear of the

game. To get quicker recoveries, and peak performance, serious athletes include enzymes in their intensity training and competition programs. Nutritional supplements that include systemic enzymes are a

powerful new aid to quicker recovery from training and competition. As essential biocatalysts that activate, invigorate, and replenish all living tissues, including muscles, systemic enzymes are crucial to any