

Athletes Need Nutritional Supplements in Their Game Plan

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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, tar-

geted nutrients athletes need to win.

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