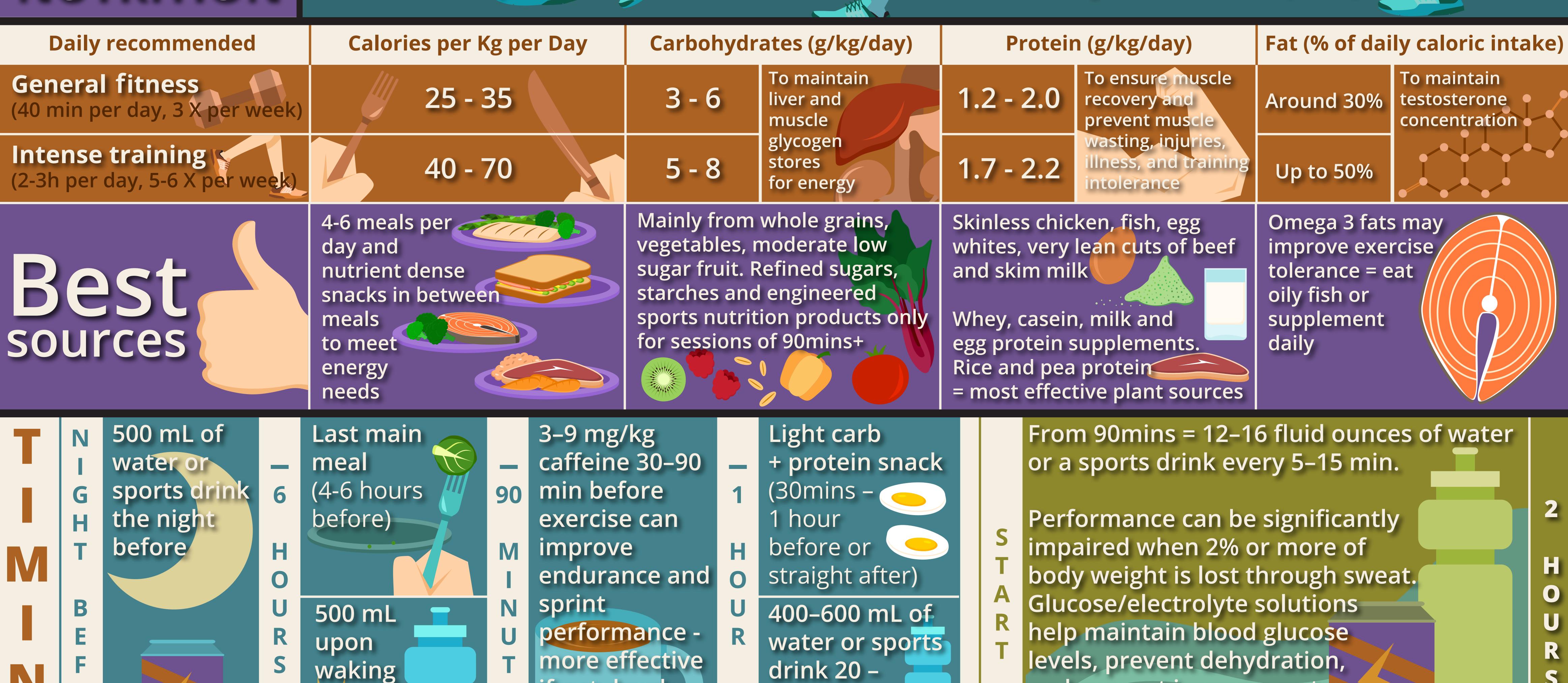
SPORTS NUTRION

Preparing for a sporting challenge? Your success will depend on 4 things: physical training, adequate rest, a balanced, nutrient and energy dense diet and good hydration. Here s a round up of the latest research into sports nutrition and recommendations from the Journal of ISSN (2018).



Vitamin C may help reduce oxidative damage and maintain a healthy immune system during heavy training

Vitamin D helps improve muscle strength & may reduce risk of injury

Electrolytes: sodium, potassium and magnesium minerals are depleted by intense exercise

Check your iron levels (especially female athletes)

30 min

before

start



and support immune system

if not drunk

regularly