

VITAKIDS RECOMMENDS

For Muscle Health:

- A good source of protein drink
- Whey Protein
- Branched Chain Amino Acids
- L-Arginine
- D-Ribose
- Creatine
- Conjugated Linolenic Acid (CLA)
- L-Glutamine
- Magnesium

For Energy:

- A good source of protein drink/bar
- A high potency anti-oxidant complex

For Weight Management:

- (Refer to “How to maintain Healthy Blood Sugar Levels, Lose Weight and Burn Fat” health note)

For Joint Health:

- (Refer to “How to maintain Healthy Bones and Joints” health note)

Essential Nutrients:

- High Potency Multivitamin & Mineral
- Essential Fatty Acids: Complete Omega 3/6/9

For Hygiene & Sun Protection:

- All Natural Deodorant
- All Natural/ Organic personal care (Facial wash, Acne care, etc.)
- Organic/ All-Natural Sunscreen Lotion

Find Us

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This material contains general recommendations only and is not intended to replace the advice of your healthcare practitioner.



Sports Nutrition for Health and Performance



What are Sport Supplements?

Sports supplements (also called **ergogenic aids**) are products used to enhance athletic performance that may include vitamins, minerals, amino acids, herbs, or botanical plants — or any combination of these. These products are generally available over the counter without the need of a prescription.

How Does Nutritional Supplements Enhance Your Performance?

- ⇒ Provide “Essential Foundation” for cellular health.
- ⇒ An appropriate Meal Replacement providing critical support for muscle growth and repair while providing a steady supply of energy.
- ⇒ Provides hydration before, during, and after exercise.
- ⇒ Speed up post workout recovery.

* ***What you consume after a workout is as important as the workout itself.***



Reach the Peak of Athletic Performance:

- **Eat more carbs**

Supply the body with sufficient energy found in grains, starchy vegetables, fruits, low-fat dairy products, and high-fiber superfood drinks.

- **Get enough water and electrolytes**

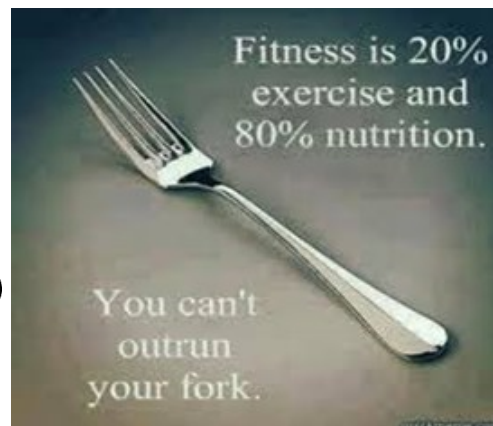
Water is crucial for all sports activities—electrolytes are only important for extreme endurance exercise.

- **Take a multivitamin**

When your diet isn't enough, extra vitamins and minerals will help your body get the nutrition it needs for exercise.

- **Try vitamin C**

Take 1000 mg per day, for two weeks before and four days after intense exercise to reduce pain and speed up muscle strength recovery.



Nutrients Which Are Helpful In Fitness:

Nutrient:	Importance for Fitness:
Whey protein	<ul style="list-style-type: none">• Whey protein may increase gains in lean body mass resulting from exercise.• Take 20 grams daily up to 1.2 grams per 2.2 pounds of body weight per day.
L-Arginine	<ul style="list-style-type: none">• The amino acid Arginine may help with muscle stimulation and growth.• Weight training with Arginine showed increase in total strength and lean body mass.
L-Glutamine	<ul style="list-style-type: none">• Helps support athlete's healthy immune system.• Helps promote healthy muscle growth and reduce muscle wasting.• May boost metabolism and promote cellular detoxification.
Branched Chain Amino Acid	<ul style="list-style-type: none">• Promotes muscle protein synthesis and healthy muscle growth.• Supports fat burning and may help with post-exercise muscle soreness.
Creatine	<ul style="list-style-type: none">• Involved in cellular ATP production which helps in energy production.• Helps in muscle protein synthesis and boosts athletic performance.
Fish Oil	<ul style="list-style-type: none">• Omega-3 essential fatty acids from fish oil have been shown to support lung function, and to promote blood flow and oxygen delivery to active muscle by enhancing blood vessel function.• This may help enhance endurance and promote joint flexibility, mobility, and comfort.
Vitamin C/ Antioxidants	<ul style="list-style-type: none">• Neutralizes exercise-related free radicals to prevent any damage caused to the body.• Antioxidants may aid in exercise recovery and improve exercise performance.
Vitamin B-Complex	<ul style="list-style-type: none">• B-complex vitamins are needed to produce energy from carbohydrates especially vitamins B2, B6, and B5.
Co-Enzyme Q10	<ul style="list-style-type: none">• Strenuous physical activity lowers blood levels of co-enzyme Q10 (CoQ10) which is essential for energy production and maintaining healthy cardiac function.