

## Nutritional Supplements for Peak Performance: What Every Person Should Know



If you're like most people, you're always looking for an edge. You want to go faster, feel stronger, and recover quicker. So you hire a coach, upgrade your equipment, and invest in nutritional supplements, hoping that they will improve your results. But are all those sports performance products really doing anything?

The short answer is yes; the use of nutritional supplements can make a positive and measurable difference in your fitness and health. But despite what you may have read in a magazine or heard from a friend, there is no magic solution or one-size-fits-all formula for maximizing your athletic performance potential. From a physiological standpoint, your body is unique—and so is its need for nutritional supplements. To experience the greatest personal benefits from a nutritional supplement program, you need to take the right products in the correct amounts to satisfy your body's basic, cellular needs.

Because the human body is composed of trillions of different cells carrying out more than 200 specialized functions, it's easy to see why achieving and maintaining good cellular health is essential for optimal health and performance. Just as you can't build a house without a foundation, the development of your physical potential depends on solid, cellular health which depends on a wide spectrum of nutrients including vitamins, minerals, and phytonutrients.

While many variables can impact your athletic potential, recent research suggests that there are four, fundamental nutrients linked most significantly to improved health and fitness:

- 1. Micronutrients**
- 2. Antioxidants**
- 3. Omega 3 fatty acids**
- 4. Vitamin D3**

Let's take a closer look at each of these four, core factors.

## Micronutrients



Micronutrients are more commonly thought of as vitamins and minerals, but also include the thousands of different phytonutrients found in whole foods. Every cell and system in the human body depends upon having an adequate supply of micronutrients available for their use. Manganese, for example, promotes bone formation and energy production; it helps your body metabolize the macronutrients—the fats, proteins, and carbohydrates—you obtain from food. Magnesium helps your heart maintain its normal rhythm and it helps your body convert glucose (blood sugar) into energy.

Unfortunately, most of the foods we eat are deficient in the key micronutrients your body needs to function fully. Add to this dietary deficit the negative and unavoidable effects of stress, which interfere with the body's ability to digest and absorb food, and the problem becomes even worse. Because the physical processes that drive athletic performance are all nutrient-dependent and highly inter-related, the use of a high-quality nutritional supplement formula is a must.

But taking a big-brand, commercial multivitamin isn't the answer. These mass-market products typically provide minimal amounts of vitamins and minerals. And most of these ingredients are derived from cheap, synthetic, chemical isolates. Recent research has confirmed that there are few real benefits to the use of any supplement formula that contains a random assortment of synthetic ingredients, which can be identified by their two-part chemical names. Thiamin HCL, tocopheryl succinate, calcium ascorbate, and calcium carbonate are just a few common examples.

Synthetic nutrients simply aren't the same as those found in whole foods. Vitamin C, for example, doesn't exist by itself in nature; it is always found with other supporting antioxidants and phytonutrients. Sure, an orange contains lots of vitamin C. But it also contains folic acid, potassium, and pectin—and more than 170 different phytochemicals that work together to provide real health benefits.

## Antioxidants



Just about everybody has heard the word *antioxidant*. Over the past few years, articles touting the benefits of natural antioxidants have been mentioned in countless magazine and newspaper articles. But most people don't understand the underlying, physiological reason why antioxidants are so necessary.

Antioxidants are substances that help to reduce or neutralize the harmful effects of oxidation, which is caused by free radical activity. Free radicals are atoms or groups of atoms with an odd number of electrons that are formed when oxygen interacts with other molecules to create energy. When our bodies work to extract energy from the food we eat, fight against an infection, or attempt to mitigate the physiological effects of stress, free radicals are created. When their production is kept in check, the damaging effects of free radicals can be minimized. Too much free radical activity, however, causes cellular damage leaving the body prone to fatigue, injury, and illness.

The most common causes of increased free radical activity include:

- A low dietary antioxidant intake caused by eating too few fresh fruits and vegetables.
- The consumption of processed and/or heat-damaged oils and fats.
- High levels of physical and/or emotional stress, which include training and racing.
- Radiation from X-rays, CT scans, and frequent air travel.
- Exposure to heavy metals, petrochemicals, and other environmental toxins.

While reducing your exposure to toxins and eating plenty of colorful fruits and vegetables are two important steps you can take, studies indicate that most athletes will need some additional support in order to keep their free radical levels in check.

But don't rely on the use of an isolated, synthetic antioxidant like vitamin E, vitamin C, or beta carotene to get the job done; it would be like sending just one fire fighter out to battle a large blaze. Your body was designed to function optimally with a complete supply of the naturally-occurring antioxidants found in fresh, raw vegetables, fruits, and herbs. Make sure your antioxidant formula is made exclusively from whole foods to insure that your body is getting the broad spectrum of these critical antioxidant factors it needs for peak health and performance.

## Essential Fatty Acids



Essential fatty acids (EFAs) have many functions in the body. No cell, tissue, gland, or organ can function normally without them. Optimal EFA levels are critical in reducing inflammation, increasing endurance, shortening recovery, protecting the joints, improving mood and concentration, and promoting deeper sleep.

As athletes, our EFA status becomes stronger when we eat foods that are similar to those eaten by our primitive ancestors—a diet abundant in lean meats, antioxidant-rich fruits and vegetables, and fats with a high omega 3 to omega 6 EFA ratio. Due to the increased amount of unhealthy, processed fats in our food supply, most Americans consume too few natural omega 3 fats (from fish, grass fed meat, seeds such as hemp and chia; and nuts such as macadamias and almonds) and too many processed omega 6 fats (from corn, soy, canola, and safflower oils). This formula has led to performance-reducing imbalances in the ratio of omega 6 to omega 3 fats.

Recent research suggests that we should strive for a low omega 6/omega 3 ratio ( less than 3:1) and a high omega 3 index (greater than 10%) in order to reap the full benefits of essential fatty acid supplementation. While you may hear that taking flax, chia or krill oil is a good solution, studies prove that the best way to achieve these critical ratios is with the regular use of a pure, high-quality fish oil.

## Vitamin D3



Interestingly enough, vitamin D3 isn't a vitamin at all—it's a hormone manufactured by the skin during critical periods of sun exposure. Vitamin D3 controls or influences almost every cellular process in the body. It regulates more than 2,000 of the 30,000 human genes. As an essential part of the endocrine system, vitamin D3 controls the action of several adrenal hormones, the growth of cells, and the production of enzymes. Other important functions include being a powerful immune booster providing front-line defense against illness and disease.

The health and performance benefits of vitamin D3 are now widely accepted and thoroughly documented. Vitamin D3 is essential for peak athletic performance as it contributes to muscular strength and recovery while controlling physical reaction time, balance, and coordination. Because of this, optimizing your vitamin D3 level is one of the most important things you can do to support your health and improve your athletic performance.

Surprisingly, the majority of athletes—even those who train regularly outdoors—are deficient (less than 50 ng/ml) in vitamin D3. In fact, many athletes are severely low (under 25ng/ml). Athletes who have restored their vitamin D3 to an optimal level have enjoyed improved performance, quicker recovery and a healthier, stronger immune system.

Unfortunately, many vitamin D3 supplements are not easily absorbed. As a result, they simply don't work well, even when taken in the right amount. This is why it's so essential to use a proven, reliable product and to periodically assess your vitamin D3 level to confirm your restorative results.

## Build Yourself a Nutritional Fortress



Empty your cabinets of all those random, unused, and ineffective synthetic supplements and replace them with the Core 4. When taken regularly together, these simple essentials form the critical, nutrient foundation body needs to succeed! Hundreds of active men and women have used the [Core 4 Nutrition Program](#) to achieve significant, long-lasting health and fitness results. And by using this tried, true, and targeted program to optimize your body's cellular health, you can too!

The Core 4 Nutrition program includes:

**Daily Dose:** Whole-food micronutrient and antioxidant pre-packs.

**Fruit-n-Veggie Might:** A powdered, whole-food concentrate of 47 different fruits, vegetables, and herbs.

**Just Peachy:** The world's best-tasting and most effective fish oil.

**RemeD:** A highly-effective, sublingual vitamin D3 nanospray

Additional formulas include:

**Charge!:** A tasty lozenge that effectively improves nitric oxide levels so important for healthy blood flow and oxygen deliver. Optimal NO are critical for health but most importantly for vascular health and athletic performance.

**FundAminos:** Our essential amino acid formula that is 5 times more efficient than protein powders. Drink FundAminos with work outs and feel the difference!

The monthly cost of your Core 4 Nutrition Program includes a series of at-home assessments that will give you the ability to measure your results and confirm that individual nutrient needs are being met. You won't have to hope that or wonder if your nutritional supplements really work.

Take the targeted and measurable approach to achieving optimal health and fitness. Get with the [Core 4 Nutrition Program](#) today!