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Sports Nutrition: Supplements, Discounts and More

Sports Nutrition Programs

A carefully designed sports nutrition program must be in place in order to achieve desired results.

These programs will work best if they are based on scientific research and feedback from various competitive and recreational athletes through the years. This fact should be confirmed first before fully engaging oneself in any type of program.

Adherence to what sports nutrition programs advise will significantly bring in positive results.

However, just the same, one should be attuned to his body and to the information that it conveys to further bring in positive outcomes. The suggestions in the programs must be in synchrony to what is actually and currently happening in the body.

Moreover, one must take careful note that any sports nutrition program does not intend to diagnose, cure, treat, or prevent any illnesses. There has to be a consultation with a physician first. This should be the case most especially if the program includes very strenuous physical activities or exercise routines.

Sports nutrition programs vary depending on the needs and targets of an individual. For a very active person intending to maintain general fitness, for example, there is a specific program for him.

Intake of a recovery drink after workouts containing carbohydrates and protein may be essential for those working out at least seven hours in a single week. Drinks such as Ultragen and Endurox R4 are recommended. The protein will help the muscles recover faster from workouts, enhance the immune system, and elicit a positive response in spite of stress during training.

Intake of multivitamins and antioxidants are likewise essential as such will fight the cellular damage that may take place as an effect of free radical activities induced by exercise.

Moreover, supplements such as Endurox Capsules not only help the body cope with stress during training, they also decrease body fat levels. This is just an example of a sports nutrition program for those who are geared at maintaining general fitness.

On the other hand, for a competitive athlete, there might be some differences in his own sports nutrition program that are more strict.

Energy drinks or energy gels must contain carbohydrates, which are known to sustain energy in spite of regular stressful and tiring trainings. Carbohydrates also replenish reduced muscle and liver glycogen and prevent dehydration.

Supplemental protein must be taken in as well as it promotes muscle recovery, enhances the immune system, and makes one stronger in spite of stress. Both carbohydrates and protein must be taken in during or in-between heavy workouts. Multivitamins and antioxidants are equally essential as well as high performance products.

HMB supplements are mostly recommended as they have been proven to significantly improve aerobic endurance, hasten recovery from stress, and reduce levels of fat in the body. Furthermore, fats in the body are further reduced if the supplements are coupled with Carnitine.

A lot of factors are common in both sports nutrition programs. However, the difference lies in the amount, timing, and regularity of intake of the above-mentioned factors. Thus, it is indeed very important to identify how strenuous the exercise or physical activity will be before starting with any program. Also, one must be completely aware of the current condition of the body.

These sports nutrition programs aim to bring out the best in all workouts and gear up the body for future activities, whether for competition purposes or for overall maintenance of fitness.

Whatever the case may be, it remains very important to choose the most appropriate program. Otherwise, negative results may ensue. Careful examination should be done early on to prevent this.

Find More Value for Your Money at Sports Nutrition Depots

Let's face it. Sports nutritional supplements nowadays are as numerous as the number of athletes themselves. And these do not include new products in their early stages of manufacture, or marketing.

But is this bad? On the contrary, this can be a blessing. To appreciate this fact, all we have to do is remember that in a free market, products are competing against each other, forcing the manufacturers to lower the prices, i.e., to be more competitive. This market, in practical terms, is the place where you can find the sports nutrition of your choice. For the athletes, this market is the sports nutrition depot.

Ok, so you want to go shopping for your sports supplement. But of course you want to be prepared on what to expect with a certain depot. What should you be looking for in this depot?

Carbohydrate specific products

Enough servings of carbohydrates before or during exercise or competition, be it in solid or liquid form, will help you in during intense physical regimen. Carbohydrates can also maintain blood glucose levels and increase muscle glycogen, during intense exercise. Sports nutrition

experts suggest that athletes should consume up to 350 ml of a sports drink containing carbohydrate every 20 minutes during exercise.

With solid carbs, the National Association of Sports Nutrition (NASN) suggests that athletes engaged in regular physical activities should consume up to 10 gm of carbohydrate/kg in a day. Typical American diet supplies about 5 gm of carbohydrate/kg in a day, so this will give you an idea how much do you need for consumption. But during exercise, it is suggested that athletes consume from 30 to 60 gm of carbohydrate every hour to improve performance. Sports nutrition depot displays almost all known carbo products in the fitness world.

Protein for your exercise recovery

Speed recovery is important to your regular exercise regimen. Nutritional supplement with high quality protein will aid muscle growth and repair. Protein works with carbohydrate by producing enzymes to help carbohydrates maintain energy levels. Sports nutrition depot abounds with protein enforced products.

Vitamin C for immune improvement

We all know that vitamin C assists us in fighting disease. Current research also points to the role of vitamin C in restoring t-cell damage resulting from physical activities, and even during extreme emotional stress. But the problem is that several thousands of milligrams of vitamin C are needed to restore t-cell function. This automatically rules out the dependence on the vitamin C available at ordinary medicine stores.

Sports nutritionist also suggests that vitamin C should be consumed together with other micronutrients, such as vitamin E, and Glutathione. If taken together, the three micronutrients will help strengthen each other's properties. Wide array of vitamin C and other micronutrients can be found in sports nutrition depot.

Bee Honey for sustained exercise regimen

Ever wonder why the bees seem to be tireless? Studies after studies prove that taking honey before and during exercise or any competitive activity improves performance. Among weight disciplined athletes, only bee honey was proved capable of maintaining blood sugar in consistent levels, even two hours after a heavy exercise. Honey is also unique in sustaining restoration of muscle energy, after the exercise. So don't be surprised to find bee honey products inside the sports nutrition depot.

Glutamine for performance recovery

If somehow you've heard about glutamine before, the reason is inside your body. Glutamine is the most abundant amino acid in your body. Your skeletal muscle and plasma contains the most concentrated supply of glutamine. Glutamine is important in the transfer of nitrogen between the internal organs. It also plays an important role in detoxifying ammonia.

The discovery of the role of Glutamine is a recent one. But for more than a decade before this discovery or confirmation from medical research, sports scientists have known that this amino acid increases muscle recovery. Glutamine products are also available in sports nutrition depot.

But before you troop to the nearest sports nutrition depot in your place and buy everything that you need, be aware that dosages differ in everyone. The rule of thumb is that dosage is different with everyone. The dosage that works for you should be validated with inputs from your trainer or sports nutrition adviser.

Nature And Nurture: Sports Nutrition Jobs

There are different kinds of sports nutrition jobs that you can apply for. But, you must be applying for these jobs because you are truly interested in helping others, primarily athletes, and also interested in sports nutrition in general, and not just because you are desperately in need of a job.

If you are great with personal relations and always have a smile on your face, then you can use that smile in facing your customers as a sales representative.

This sports nutrition job is an opportunity for you that makes you responsible for looking for buyers for your company's product line of products that are mainly prescription for adults and oral nutrition. But it would be best to do so in your company's territory hospitals, long term care facilities and companies that regard home care.

If you really want this sports nutrition job so bad, then you can try to be an ideal candidate. Being an ideal candidate does not mean that they will be the only ones that can be accepted, but if you are an ideal candidate, then you are advantaged to have an edge, compared to others who have none.

You can be an ideal candidate if you have a four-year degree in nutrition, so what is preferred is a registered dietitian. But still, you can have a minimum of a one year of experience in a field clinic and also to some outside sales experience that are prior to your application.

You can also be a full time clinical dietitian. To be one, you must be interdisciplinary, inviting and involved. Why? It is because this is the kind of environment you will experience as you serve a nutritionist, a mentor or as a counselor to the patient's families and to the patients themselves.

As a full time clinical dietitian, you will be ensuring your patient that his or her nutritional needs are being met. So you have to assure your patient that there is nothing to worry about.

You must also document the nutritional status of each of the patient that is under your observation. Also provide your patient and his or her family with counseling or education about that certain patient's status and the various operations or assessments that will take place.

To be able to have this sports nutrition job, you must serve as one of the members of that hospital's interdisciplinary health care team. And also, you should also lead in nutrition in-services.

To be able to be more successful in this sports nutrition job in your bag, you can be a registered dietitian with the commission on dietetic registration. You should also have the ability to work independently, without any supervision, but if supervision is needed, then at least only in seldom situations.

You should also have skills in prioritization and communication. Also, as much as possible, you should be bilingual so that patients will not have a hard time understanding you. And also, you will be much more preferred for this sports nutrition job if you have already had two years of acute care experience.

If you cannot offer yourself to be a clinical dietitian for twenty-four hours, then you can be a part time clinical dietitian.

You have to join the hospital's interdisciplinary team environment because this kind of environment will connect you with the patients and also with their families. You also have to be registered and a licensed clinical dietitian to be able to perform this sports nutrition job, ranging from ventilator or pulmonary, long-term intravenous antibiotic or wound care and rehabilitation and neurological recovery.

So basically, this sports nutrition job requires strong nutrition support skills.

Sports nutrition jobs also offer a clinical nutrition manager. With this sports nutrition job, you will have to manage a team of three diet technicians and also one diet clerk, and all of you belong to a one hundred eight bed nursing facility.

You will also complete clinical activities that include quarterly, assessments, annuals, MDS, RAPS and care plan meetings. Not only that, but a clinical nutrition manager also participates as an active member of the management team regarding food service development.

These are only few of the sports nutrition jobs that you can apply for. Having a sports nutrition job is not all about meeting the bigwigs, or taking care of the superstars, but it is about helping other people recover, or if not that, help speed up the recovery.

Sports Nutrition International

Sports Nutrition International is a leading manufacturer of quality dietary supplements for athletes who put priority on strength-training and endurance. Products by Sports Nutrition International are created through reliable, peer-reviewed, published scientific research in muscle physiology vis-a-vis athletic performance and nutritional science in the field of strength and conditioning performance.

Sports Nutrition International offers a gamut of premium quality sport supplements and specializes in thermogenics, energy powder, weight loss pills, glutamine powder, creatine, weight gainers and energy pills. Ingredients are of best quality.

The following nutrients are essential to most of Sports Nutrition International's products:

L-GLUTAMINE

This is the most abundant amino acid in the body. High concentrations are found in skeletal muscles, lung, liver, brain, and stomach tissue. Intracellular concentration of L-glutamine in the skeletal system makes up to 60 percent of total body glutamine stocks.

L-Glutamine is small in size and because of this it moves easily into muscles thus preventing muscle-breakdown and supporting muscle growth. L-Glutamine also helps the production of plasma arginine and glutamate--amino acids linked to growth.

L-glutamine should be taken on an empty stomach to improve competition for absorption.

The body's tissues need more glutamine than the amount supplied by diet and biosynthesis under certain pathological circumstances. During catabolic stress intracellular glutamine levels can drop more than 50 percent. This is when supplemental glutamine becomes necessary. In times of metabolic stress, supplemental glutamine is released into the bloodstream, where it is transported to the tissue in need.

Glutamine supplements may provide immune enhancement in endurance athletes.

GLUTAMINE PEPTIDE

Glutamine peptide is a kind of glutamine that supplies critical building blocks for larger muscle mass. Peptide-bond amino acids are easier to absorb than L-glutamine. Sports Nutrition International has added glutamine peptide to Xtreme Pro Whey[®] to enhance recovery and growth.

CREATINE MONOHYDRATE

Creatine Monohydrate is one of the most popular and most effective bodybuilding supplements today. This is because of its quick-results in terms of size and strength gains. Within 2 to 3 weeks of use a person can gain 5 to 10 pounds with noticeably larger muscles.

This nutrient is naturally produced in the body and stored in muscle cells as energy. It is found in lean red meats and green leafy vegetables. However as people cannot eat voluminous amounts of these each day, supplementation is necessary to saturate the muscle cells.

Creatine renews the muscles essential energy source, ATP or adenosine triphosphate. Increased levels in muscles optimizes energy turnover meaning you'll more energy for high power exercise and faster recovery during and after workouts. Creatine also increases the athlete's maximum effort, delays fatigue and therefore prolongs endurance.

XTREME METHOXY RX

Xtreme Methoxy Rx is a superior anabolic formula that uses a combination of supplements to help you gain incredible amounts of lean body mass.

Xtreme Methoxy Rx contains large doses of these potent legal anabolic compounds: Methoxyflavone, Ipriflavone and Ecdysone. These compounds increase nitrogen retention through working in different pathways.

Sports Nutrition International's customized Protein Rx blend, which includes a combination of Whey Isolate, Whey Peptides and micro/ultra filtered Whey Concentrate. Protein Rx obtains Glutamine Peptides, Taurine and Arginine to boost protein synthesis, multiply recovery times, stimulate glucose uptake and increase the release of GH.

The mixture also includes Zinc and Magnesium Aspartate plus vitamin B6, the mixture of which enhances testosterone levels, helping you obtain an anabolic effect and increase strength gains.

XTREME PRO MASS

This contains pure whey protein and glutamine peptides.

Xtreme Pro Mass provides a delicious high carbohydrate-protein ratio (2:1) to stimulate muscular growth after workout. This is an easy-mix, low-fat drink with high and low glycemic carbohydrates, which provides a sustained release of energy to hard working muscle.

XTREME PRO PUMP

Xtreme Pro Pump is a creatine transport system that combines nutrients to facilitate faster absorption into muscle cells.

Xtreme Pro Pump is made of quadruple stack of Alpha Lipoic Acid, Vanadyl sulfate, Chromium peptide, and d-pinitol. This formula helps improve insulin response when blended with dextrose. This is vital for increasing muscle mass. Ipriflavone, methoxyflavone, and zinc and magnesium aspartate as additions make this formula a complete anabolic supplement.

XTREME PRO WHEY

This is made up of 100% pure whey concentrate, isolate and whey peptides. Natural digestive enzyme complex is added to improve digestibility and assimilation, thus reducing bloating commonly linked with protein ingestion.

Xtreme Pro Whey can be mixed easily with water or nonfat milk.

The World of Sports Nutrition

Advancements in medicine and an increase in capitalism in the world as well as other factors all contributed to the development of the field of sports nutrition.

As scientists learned more and more about our bodies and the optimum level of strength and physical fitness they can harbor, businessmen jumped the gun and manufactured products and services that actually help athletes meet these optimum levels. The media joined in the ruckus and published materials leading to the promotion of both the scientific and the commercial side of the field.

Sports nutrition has been changing through the years around the world. It's not just that the topics are different ñ the emphasis and approach have also changed.

Peak Performance, a sports magazine carried an article on dehydration in runners on October 1990, its maiden issue. This article compared the benefits of plain water with those of dilute glucose solutions, which are more isotonic and therefore absorbed more rapidly.

Today, go into almost any supermarket, convenience stores and even school cafeterias and you'll find a ready supply of sports drinks aimed at maintaining hydration just like glucose solutions.

The difference is that by using soluble long-chain glucose polymers instead of simple glucose, it's now possible to create an isotonic hydrating drink which also supplies significant amounts of carbohydrate to working muscles. And, the good thing is, sports drinks also taste better.

More than 10 years ago, it was made public that muscle damage brought about by free-radicals may be reduced by having supplements of antioxidant vitamins A, C and E. Years after, antioxidant supplementation became a norm in the world of sports nutrition.

Now, researchers are also beginning to understand that muscle damage is a more complex subject. It is difficult to assess free radical damage in athletes and it has been found out that large amounts of antioxidant nutrients may actually cause cellular damage and impair performance.

The "Carbo loading" technique has been widely used over the years by athletes all over the world. A carbohydrate-rich diet is important in maintaining muscle glycogen stores thus ensuring high endurance levels.

However, in the 1990s it became clear that the "glycaemic index" and release rate of different carbohydrates had important influence on when they should best be consumed in relation to physical activity.

The relationship of carbohydrates and proteins were also discovered namely that carbohydrates promote protein-sparing in the body. It was also discovered recently that consuming carbohydrates before and during prolonged bouts of strenuous exercise can help protect the immune system.

One of the most exciting recent developments in sports nutrition has been the rise of creatine supplementation. The use of creatine is now very common. Creatine renews the muscles essential energy source, ATP or adenosine triphosphate. Increased levels in muscles optimizes energy turnover meaning you'll more energy for high power exercise and faster recovery during and after workouts. Creatine also increases the athlete's maximum effort, delays fatigue and therefore prolongs endurance.

New wisdom and therefore new products have definitely enabled athletes to fuel themselves better, work harder, train longer and recover more rapidly. However, as in any kind of innovation there will always be downsides.

Nutritional supplements available to most athletes in the 80's were very straightforward. Some athletes took drugs but the boundaries between nutritional supplements and drugs clear. Today, the race to find new formulas to boost performance has resulted to the availability of sports nutrition supplements, which do not really occur naturally. The result is that the distinction between a nutrient and a performance-enhancing substance has become increasingly blurred.

Some of these supplements contain ingredients that can cause athletes to violate the rules and regulations governing their sport because of unintentional contamination by other, "exotic," substances present in the supplement manufacturing environment.

More developments will be created in the world of sports nutrition and these will definitely spawn ethical questions. "Nutrigenomics" the relationship between genetics and nutrition will be more researched upon.

As scientists become more skilled at discovering the processes of our genes, it will be possible that rather than adopting a general approach for sports nutrition, athletes around the world will be genetically tested to help them determine precise individual requirements for optimum health.

The next years will predictably be more exciting for the world of sports nutrition.

Sports Nutrition is Now A Worldwide Need

Physical fitness is a universal phenomenon. People from all walks of life around the world are now more aware about the need to engage in any physical activity to maintain their health. They are also more aware now that exercise, as a discipline, needs a particular dietary program to go with it.

Collaboration among sports scientists from America, Europe, Africa, Australia and Asia resulted in the development of world wide sports nutrition. There is a growing effort of collaboration among different sports nutrition, to share among themselves, the latest findings in the world wide sports nutrition efforts.

One of the most interesting findings from this research, if not latest, is the attitude of the peoples from every region or country engaged in physical fitness. They seem to follow a pattern of "universality" with their attitude towards sports and fitness.

1. Number one on the list is the preoccupation with "winning" aspect of sports competition. This mindset had made athletes, coaches, and sports managers, victims of sports and sports nutrients misinformation.

Many are convinced that their regular sports nutrition is not enough succumbed to several drastic measures. Some have restricted their fluid intake, frequented saunas, while others used laxatives. Some even reportedly went too far as fasting. If you would ask me how in the world your body would develop muscles while fasting-I have no idea. Based on this, a worldwide sports nutrition is in tall order.

2. Second from the list of findings is the overwhelming belief in excessive training. While it is true that gradually raising your training or exercise into a higher level each time as needed, overworking your body will do you no good.

You need to allow your body to heal or repair itself. There is a wide consensus among sports experts that a full day is what your body needs to recover its lost energy level after a strenuous exercise.

3. A more stringent exercise can make up for poor nutrition program. Here's another argument why worldwide sports nutrition is so important.

The findings talks about testimonials from several respondents, admitting to regular visit with their favorite fast-food chain, while enrolled in a sports program. The logic behind this attitude seems to be the belief of these respondents that their "poor diet" will be burned out once they enter the gym.

This is a clear indication that there is still a need for a sports nutrition awareness program wider in scoop. This prompted one respondent to comment that perhaps, a website containing lots of information on worldwide sports nutrition would help.

Related to this problem is the amount and quality of food intake that is so essential in every fitness or sports program. Many people still consider sports nutrition as non-essential part of their fitness program. They seem to think that food intake has little relation with their health program.

4. Another common widely held belief in relation to worldwide sports nutrition concept is the idea behind muscle growth. A lot of people believe that it is during workout or exercise that muscles develop.

This directly runs counter the fact that during exercise, our muscles are literally being destroyed and needed enough rest after exercise. But this "destruction" should not be avoided because our immune systems depends much on this destruction to recalibrate its defense mechanisms by stimulating its arsenal of antibodies.

During the "healing process", i.e., rest period, the human body is flooded with natural chemicals to help the muscles heal its own system. These body chemicals, as it was found out, stimulate the slowdown switch of cell aging.

In simple terms, the more people work out, the more their cells age slowly. But again nutrition is central to this, because the human body depends on the food intake as basic energy. World wide nutrition then, becomes an important concept for the understanding of this phenomenon worldwide.

And this amazing process does not happen during the exercise regimen. This healing process happens during the night, while a body is at rest. It seems that evolution had really decreed that it needs mammals, particularly humans, to be at rest, while it does wonders.

This is the reason why we will never outgrow the need for sleep. The human body, an incredible machine as it is, needs rest, and sustenance, as evidenced by worldwide sports nutrition.

Worldwide Sports Nutrition Pure Protein Drink Fruit Punch

Pure protein drink fruit punch is one of the most popular sports nutrition worldwide next to pure protein drink in vanilla and chocolate. This protein drink fruit punch helps athletes improve their physical endurance, game performance, increase energy and mental alertness.

This sports nutrition known worldwide contains a large dose of protein, which an athlete needs to build more muscles. It is also packed with vitamins, minerals and other necessary elements to boost energy and strength for your body.

These great tasting, pure protein drink fruit punch are convenient meal replacements for those who are in a high protein, less fat diet or as a meal addition for those who are in high protein and carbohydrates diet. For busy people this sports nutrition is a great alternative meal whenever you are on the go. You can buy a canister of pure protein drink fruit punch in any health stores, worldwide.

Pure protein drink fruit punch is available in a variety of fruity flavors such as strawberry, orange, grape and apple. Athletes and bodybuilders love this sports nutrition because they are lactose free, therefore well-suited for their adult digestive systems. This pure protein drink fruit punch is low in sugar, calories and carbohydrates.

The protein in pure protein drink fruit punch may come from whey, egg protein, soy protein, milk protein, or calcium caseinate protein, or a combination of all. Choose which protein will be good for your digestive system. If you are lactose intolerant, avoid pure protein drink fruit punch made from milk protein. It may cause you irritable bowel or even diarrhea.

To get the necessary or sufficient daily intake of protein in your body, you can add pure protein drink fruit punch to your baking dishes. You can add it to your low-fat, low-sugar cake, oatmeal cookie or carrot cake.

You will get all of the essential vitamins, minerals, and amino acids that your body needs while drinking or eating (through your pastries) your pure protein drink fruit punch. It is a delicious way to help keep your immune system at its best.

Worldwide Sports Nutrition: Adding Up Pure Protein Drink Fruit Punch To Your Daily Diet

Contrary to the belief of many, including a glassful of pure protein drink fruit punch in your daily diet will make an athlete fat. It is wrong. Protein helps in adding more muscles to physically active people. Foods that turn into fat when not consumed are those that are rich in carbohydrates.

So if you have an active lifestyle (even if you are not an athlete) your body will greatly benefit with a glassful of pure protein drink fruit punch in the morning or during lunch. This is a practice in worldwide sports nutrition, which you can integrate into your own personal diet and nutrition.

In the morning, your pure protein drink fruit punch may be added to two freshly squeezed orange juices and half a glass of water. To mix the powdered protein drink fruit punch with these ingredients, it is best to use a blender for that perfect fruit shake effect. You can add some crushed eyes while blending for a more refreshing morning drink.

Others mix it with other fresh fruits as a smoothie drink. Bananas, blueberries, peaches or mangoes are mixed with three tablespoons of pure protein, water or milk.

Worldwide, this sports nutrition is gaining popularity because of its simple preparation for athletes and people on the go. In less than five minutes, with the help of a blender, they can produce a nutritious fruit punch or smoothies that are rich in vitamins, minerals and enzymes that are good for the body

This pure protein drink fruit punch is available in liquid or powder form. Worldwide, however, the most popular form is in powder because a sports nutrition drink in powder is fast and easy to prepare and do not turn sour fast unlike the liquid form. Powdered pure protein drink fruit punch is pack in gallon-like containers.

Sports Nutrition All Over The World

It can be clearly noticed in the market that sports nutrition products come from different parts of the world. The interest in such has indeed become worldwide. Initially, people had the impression that it is only for those coming from first world countries.

However, recently, people have come to realize that being concerned about sports nutrition reveals one's attitude towards health in general. They seem to have also realized that everyone is entitled to great health. Thus, a lot of people appear to have started working hard for it.

Sports nutrition has indeed become worldwide. People from all walks of life have become more and more concerned about it. Before, they were not that conscious about the food that they eat, the nutrients that they get from it. Now, however, the nutrition labels in almost all types of commodities prove that people's curiosity for nutrition should indeed be addressed.

The incorporation of nutrition programs in several fitness centers and sports facilities also support the worldwide concern for sports nutrition.

Before, fitness in terms of sports and exercise in general is seen as an independent aspect and has nothing to do with diet and nutrition.

Now, however, people seem to recognize the fact that both are interrelated and that each one would not yield positive results if taken individually. It appears now that people are open to the idea that without a healthy diet, performance may not be expected to be excellent.

Several campaigns and sales efforts in support of sports nutrition have likewise been circulating worldwide.

In almost any country, one would hear of the availability of supplements, sports nutrition programs, training on nutrition and health, nutrition verification for athletes, and many others. Indeed, sports nutrition is not anymore considered as for the First World countries only, but for worldwide benefit as well.

Aligning targets in terms of sports to targets in terms of nutrition is indeed very sound. In the first place, the body controls all activities.

A poor control system would definitely not bring in positive results. Sports can be very stressful if not properly supported by the right nutrition.

The worldwide prevalence of sports nutrition also creates more vigilance in terms of sustaining efforts, which have started already. It somehow creates a sense of pressure that yields favorable responses. Some people are indeed becoming good role models in terms of sports nutrition.

The release of several books and other learning materials regarding sports nutrition has further caused worldwide awareness. Not only are people given concrete examples of successes of the past, they are also made aware that doing so is not so difficult.

It only requires commitment and good motivation on the part of the person interested. If before, a good balance between fitness and nutrition was very complex to achieve, now, because of the practical tips coming from previous experiences, it feels a lot easier to do.

Indeed, the coming years show more promise of worldwide sports nutrition because of heightened awareness and interest in it. This is a very advantageous thing for all as it somehow guarantees a healthier generation in the future. Sports is not just about competition or making one's body look good aesthetically, it also tackles the entire aspect of health.

As sports nutrition becomes worldwide, sustenance of previous efforts and motivation should remain a concern. Sometimes, although societal pressure can be a good point of motivation, some efforts simply falter after a while.

Both the dissemination of the idea as well as maintenance of established ones should be taken good care of, as health is a very essential aspect of life.

Rocky Mountain Sports Nutrition

Feeling used up and impossibly exhausted even before the end of your physical activity? If you are taking nutritional supplements and still feel the exhaustion, chances are you're not taking enough of the elements your body needs to function properly. Or, worse, you're not taking nutrition supplements in the right amount.

And why do you need to take dietary supplements? Because your regular food sources do not provide the right amount of nutrition elements needed by our body. This need is obvious from the countless scientific studies and from our practical experiences.

This is the reason why a nutrition supplement is a regular feature of the American diet. And this is where Rocky Mountain Sports Nutrition conveniently sets in.

The people behind Rocky Mountain Sports Nutrition are also mindful of the special need of individuals who are into sports. In sports, nutrition supplements become even more important.

Sports mimic the activities we humans used to have from the dawn of our existence. From the simple gathering of edible fruits and roots from the forest, to the more physically challenging activity of hunting, our ancestors have faithfully relived the way the human body was created: to engage in physical activity.

Deciding on what sports nutrition to take

Taking nutrition supplements, particularly sports nutrition is getting more and more complicated. Dizzying names and brands are crowding onto grocery shelves side by side with traditional ones like vitamin C, calcium, B-complex and iron. They may take the form of capsules, pills, powders or liquids. How do we sort through it all?

But before finally buying your Rocky Mountain Sports Nutrition product, consider the following bits of information usually used by many people before taking a nutritional supplement.

1. Settle for a single effective nutritional brand. If you are into sports, decide what brand of sports nutrition you think is effective.

Some supplements that we have taken before, even a whole nutrition program we have subscribed into, may have helped us. This may lead us into thinking that taking more would be better. This will cost us a lot, without providing the expected benefit. This can also be risky since some vitamins or minerals work to cancel each other's effectiveness.

The manufacturer of Rocky Mountain Sports Nutrition made sure that a perfect balance of these minerals is present in every capsule, or bottle of Rocky Mountain Sports Nutrition that you buy.

In terms of dosage or concentration, Rocky Mountain Sports Nutrition is designed to complement what authorities generally agree are tolerable upper intake levels or the maximum amount one has to take in a day. Amounts higher than what is considered a standard level can be toxic and Rocky Mountain Sports Nutrition was manufactured exactly for this concern.

2. Harmonize your regular whole-food diet with the particular sports nutrition brand you are taking. What you are taking for breakfast, cereals for instance, may be fortified with vitamins and minerals. Choose between these numerous fortified products that would go along with Rocky Mountain Sports Nutrition.

3. Consistency. Once you've decided with what nutritional supplement brand to take, be consistent on taking it regularly. Be patient, and have faith with what you're doing. Some results may be observable immediately, while some may take a little while. The secret is on the regularity of taking your chosen sports nutrition brand. So, needless to say, don't leave your Rocky Mountain Sports Nutrition supplement just lying in your fridge's vitamin shelf.

Your sport nutrition and your performance

In sports, even in any other activity, nothing is more important than nutrition. If you want to develop your body, deciding on what particular sports nutrition to take is very important. If your sports nutrition lacks with what it should have, all of your training will be wasted.

Rocky Mountain Sports Nutrition was specifically designed for all sports activities, whether you're into running, swimming, boxing, gymnastics, or mountain climbing. Your Rocky Mountain Sports Nutrition will be the foundation of your regimen.

Your overall performance in sports is largely a byproduct of your nutrition habits. If you failed in choosing the right sport nutrition, your talent notwithstanding, your performance will suffer.

It is true that a well-balanced traditional nutrition is enough to support your body's need on a daily basis. And Rocky Mountain Sports Nutrition was not created to challenge this age-old adage. But life is more than breathing, blinking, and sleeping. There is a life that fulfills the evolutionary design of your body. Your Rocky Mountain Sports Nutrition however, can take your body into a higher level.

Whenever you are involved in physical activity, it is only natural to lose some of your nutrients in your body. It is in this case that a good nutrition supplement steps in.

Rocky Mountain Sports Nutrition, when taken with a well chosen regular diet, will give you the right amount of nutritional requirements needed by your body. In many cases, nutrition supplements also serve as a buffer against nutrient depletion during heavy activities or exercise.

What EAS Sports Nutrition Is

EAS Sports Nutrition offers a wide array of products that aim to meet individual and unique needs. It may promote high performance, endurance, fat-burning capacity, strength, power, and size, depending on the variant and amount taken.

High performance athletes must be given high performance nutrition, supplements, and other recovery products accordingly. The various lines of EAS Sports Nutrition provide these while building and defining lean mass and reducing the amount of fat in the body. This is specifically appropriate if one intends not only to make the muscles fuller but also gain enough strength.

One to two servings per day of the EAS Sports Nutrition type, Muscle Armor, support the growth of lean mass through the infusion of Juven Technology ingredients, which have already been proven to rejuvenate the muscles and increase their overall strength.

If one is after a healthy blend of vitamins, minerals, and protein, Myoplex Original Powder is the best choice. Two to three servings of this can already bring in the desired effect. Another variant, called Phosphagen Elite, heightens the impact of workouts in the body. Similar to Muscle Armor, one to two servings would be enough.

Endurance athletes need to fight fatigue, replenish energy expended, and be able to recover at once. The EAS Sports Nutrition type that is best for them falls under the EAS Endurance line, which significantly achieves all three while maintaining lean mass.

An example of which is VO2 Peak which consists of a blend of essential vitamins, beta-alanine, and rhodiola rosea. Another is Catapult, which contains tyrosine, an amino acid known to back-up the functions of the cells and increase mental power.

Moreover, Endurathon falls under this type which is made up of ribose that is a building block to the regeneration of adenosine triphosphate. Adding up further to the Endurance line of EAS Sports Nutrition is Race Recovery, known to replenish glycogen stores, which are somehow depleted during exercise.

In addition to high performance and endurance, EAS Sports Nutrition can also work hand in hand with exercises in the gym to create a cut, lean, and muscular appearance. The products belonging to the Definition line cause muscular development by infusing the body with protein and, at the same time, shedding fat components.

EAS Sports Nutrition again presents a variety of products under this line including Muscle Armor, Thermo DynamX, and Myoplex Lite Powder. As mentioned earlier, Muscle Armor is able to produce desired results through Juven Technology.

On the other hand, Thermo DynamX speeds up the burning process of fats in the body and heightens the rate of metabolism. Myoplex Lite Powder is a combination of protein, vitamins, and minerals, which back up heightened metabolism and lean muscle mass.

Finally, for strength, power, and size, the Gain Line of EAS Sports Nutrition should be in action. The products under this are very much backed up by science and proven to be effective.

Muscle Armor, Phosphagen Elite, and Myoplex Deluxe Powder are examples. The muscles are rejuvenated. The power of workouts is emphasized by delaying lactic acid burn and promoting immediate muscle recovery.

These EAS Sports Nutrition products will achieve its full potential if they are taken in line with religious exercise and workouts in the gym. Simple intake may not really deliver desired results. Certain processes in the body need to be activated through physical exertion before they react effectively with these products. It is also important to identify, at the very start, the goals and targets for doing the workouts and taking in these supplements. A program must then be created in line with these goals and targets.

EAS Sports Nutrition Products

EAS Sports Nutrition has a wide array of products that aim to meet individual and unique needs. Depending on their specific goal and the amount you have to take in with each, EAS sports nutrition supplements promote high performance, endurance, fat-burning capacity, strength, power, and size.

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An example of endurance products under the EAS lineup is VO2 Peak, which consists of a blend of essential vitamins, beta-alanine, and rhodiola rosea. Another is Catapult, which contains tyrosine, an amino acid known to back-up the functions of the cells and increase mental power.

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Pinnacle Sports Nutrition

Pinnacle leads the nutraceutical industry by making sports nutrition supplements and formulas for different sporting needs.

Alpha Dopa Growth Poppers

Pinnacle Alpha Dopa is a human growth hormone (HGH) which supports protein synthesis, enhances lean body mass and reduces body fat.

It contains natural secretagogues, which stimulates the natural release of growth hormone in the body. Increased HGH levels stimulate muscle growth through amino acid release, amino acid transport into muscle cells and burning fat from fat cells. Pinnacle Alpha Dopa comes from soy.

Anabolx Plus 180 Caps

While non-androgenic and non-hormonal, Pinnacle AnabolX contains the most powerful substances that capacitates testosterone.

If the bodybuilder is looking for non-hormonal substances for optimizing the body's natural production of testosterone then the AnabolX is it. It can also be used safely by women.

Esterfied Creatine 400

This is the world's first and only fat burning creatine. CrEPSma2, which is contained in this is not only by far the world's most anabolic creatine, it is unequivocally, the world's first and only creatine that burns fat. Fat loss is not just substantial, but it also occurs without exercise.

This is an Insuloregulatory Creatine because it dramatically increases insulin sensitivity. It is also the first Anti-Catabolic Creatine because CrEPSma2 delays on muscle protein breakdown and adds new muscle.

Esterfiew Creatine 400 is the most stable form of creatine ever created. CrEPSma2's pharmaceutical-grade structure protects creatine in the acidic environment of the stomach, minimizing conversion to useless creatinine, thus allowing for near perfect absorption in the small intestine. In a word, far less creatine is needed to accomplish maximum muscle penetration.

EstroLean Caps

Aside from working on a hormonal level, Pinnacle EstroLean Fat Burner Supreme works on a mental and nutritional level as well. Lessening estrogen levels usually lead to weight gain in females.

One dose of EstroLean Caps contains natural phyto-estrogens, which balances critical hormones and optimizes your ability to burn fat, stay lean and maintain a more positive emotional state. EstroLean also contains "heat-seeking herbal metabogenics" to burn fat, curb appetite and provide extra energy. You can actually feel a little warm.

This Pinnacle Sports nutrition product also has plant-based enzymes that replace those lost while we eat processed food. These "super enzymes" helps you absorb more key food nutrients and eat less.

Isomer E Softgels

Vitamin E searches the body for harmful free radicals and exterminates them. Free radicals destroy cell membranes and are responsible for a variety of health problems including Alzheimer's disease, atherosclerosis, cancer, diabetes, muscular dystrophy, Parkinson's disease, and rheumatoid arthritis. Vitamin E defends all cell membranes in the body promoting better health and immunity from illness and increasing virility.

NOX2 Tabs

Nitric Oxide in the body causes vasodilatation, an expansion of the internal diameter of blood vessels. Vasodilation leads to increased blood flow, oxygen transport, delivery of nutrients to skeletal muscle and a reduction in blood pressure.

An amino acid compound called arginine alpha-ketoglutarate (A-AKG) and arginine-ketoisocaproate (A-KIC) can boost short-term Nitric Oxide levels thus increasing strength and improving stamina.

Pinnacle utilizes the exclusive Advanced delivery system in NoX2 which eases absorption of the active compound and helps sustain vasodilation effects around the clock.

Rhodax Caps

Pinnacle Rhodax Caps help relieve everyday stress, anxiety, and mood changes. It provides high quality Rhodiola rosea root extract, with a wide range of adaptogenic functions which means it has normalizing actions on the body and helps it adapt to stress.

Rhodiola performs stimulates the release of norepinephrine, dopamine and serotonin, all modulators. It also helps increase beta-endorphins for pain reduction.

Shredded Mass 622GM

Pinnacle Shredded Mass 622 GM stimulates lean muscle growth and reduces body fat. This is the first and only fat burning creatine. This Pinnacle Sports Nutrition product combines energy and mental focus agents helping even the most serious athletes have the best workout of their life.

Shredded Mass 622GM decreases ATP activity thus slowing down muscle breakdown. It also increases insulin sensitivity thus allowing for muscle production.

Work it 4 Week Body Toning Kit

The Pinnacle Work It total body sculpting and toning kit is a nutritional and training system designed for the person aiming to enhance his/her physique, energy, and overall performance. The kit contains 4 revolutionary dietary supplements, a step-by-step training video featuring and a diet and exercise program.

Nutraceutical Industry and Sports Nutrition

The role of food in total health care is not something new to mankind. The use of food to maintain man's health is as natural as day and night. More than 2,000 years ago, Hippocrates, considered as the father of medicine, said, "Let food be your medicine and medicine be your food." It is this principle that eventually led to the explosion of the nutraceutical industry.

The nutraceutical industry is concerned with nutraceuticals, that is, "food or part of a food that offers medical and/or health benefits including prevention or treatment of disease."

All therapeutic areas such as anti arthritic, cold and cough, pain killers, digestion, sleeping disorders, blood pressure, cholesterol, prevention of certain cancers, osteoporosis, depression and diabetes are covered by nutraceuticals.

Products range from herbal dietary supplements, actual food components in dosage form such as capsules or tablets to beverages fortified with vitamins and genetically engineered designer foods, functional foods, processed foods such as cereal, soup and beverages.

Functional foods, the most popular term among consumers are modifieds food or food ingredients that may provide a health benefit beyond the traditional nutrients it contains.

Nutraceuticals is widely popular in the US, Canada, Japan, and Europe and has garnered \$80 billion dollars in revenues. The demand for nutraceuticals has been growing worldwide due to consumer awareness of the links of diet and disease, aging population, rising health care cost and innovations in food technology and nutrition.

Sports and Food

In the last decade, sports and fitness nutrition has emerged as one large distinct category in the nutraceutical industry. Three main products contributed to the market's dramatic 2004 growth:

1. low carbohydrate products - which grew by as much as 154%
2. sports energy beverages - which grew by 18%;
3. sports supplements - which grew by 6%.

Now, the \$2 billion-worth sports nutrition industry has moved away from the plain-tasting protein powders into a bigger pool of choices for customers. Available in almost any drug stores or supermarkets are energy bars, meal replacement products, protein powders, individual items (e.g., creatine, L-carnitine), amino acids, herbs, prohormones (hormone precursors); vitamins; minerals; and combination products. Because of this the sports nutrition nutraceutical industry is considered a 'niche' market and an offshoot of the mainstream food industry.

Competition factors for the Sports Nutrition Market

Product/brand differentiation.

Because of greater saturation and competition in the marketplace sports nutrition products look alike and sound the same. Maintaining a brand that stands apart from the rest is difficult but a thing to strive for.

Research-substantiated claims.

Consumers' ability to make intelligent choices should never be underestimated. People place more faith endorsements by university professors and doctors and claims backed by independent research than by endorsements by celebrities.

Core products and strategies

A good strategy now is to focus development of core products or integrating with large food and pharmaceutical concerns (e.g., Powerbar, BalanceBar).

E-commerce

For small companies that cannot or will not rely on strong distribution relationships, e-commerce is an increasingly attractive option.

Basis for marketing strategy

The factors for competition stated above have been gleaned from researches of what consumers are willing to pay for. Overall, customers want:

Something New

Retailers and consumers clamor for "new," whether it means new forms of delivery (gels, effervescent tablets, functional beverages), new applications of or combinations with existing products, or all-natural sports nutrition products that are free of artificial ingredients and solvents.

Excellent Tasting All-natural products

Consumers are also looking for products that taste good and are easy to take. Taste is a major feature that can either make or break a product. The hunt is on for manufacturers to come up with better and new flavors.

High quality and safe products

Regulatory agencies exist to protect the consumers. It is the responsibility of product manufacturers to undertake sound research and prove the efficacy and safety of their nutraceutical products. Products that are based on false or misleading marketing should be and are banned and condemned.

Through product sales and advances in research and development, the Sports Nutrition Nutraceutical Industry is now validating what was proven, early on, by the fitness and nutrition pioneers -- sports nutrition products provide easier access to a healthier way of performing and living.

Buying Sports Nutrition Supplements On Discount

Sport nutrition supplements are gaining much popularity nowadays because of their many benefits that have been realized by a lot of people. People have come to appreciate the fact that exercise needs to be backed up by a good diet, otherwise, it will be useless and good performance may not be expected.

Due to this growing popularity, a lot of companies or even sites in the World Wide Web actually offer the sport nutrition supplements at a discounted price. This, in fact, makes the product increasingly affordable for most people. Thus, more and more people are able to avail of the many benefits of taking in supplements in addition to normal food intake and exercise.

Not all types of food are able to provide the essential nutrients needed by the body. Likewise, there are instances wherein the person himself has limitations when it comes to the type of food he eats. Some simply cannot take in everything.

When engaged in any type of sport or any form of strenuous activity, the more the body is prone to diseases. This is so because the body is exposed to too much stress, and without proper nutrition, the body simply cannot cope well with them.

This is why, although exercise has been known to be very good for the body, people who constantly exercise without proper nutrition can still get sick. This makes them wonder sometimes but that is how it really works. The body needs the proper nutrients to be fueled up further.

The existence, then, of discounted sport nutrition supplements should make healthy living more feasible for most people. There should be no excuses anymore as a lot of companies do their best to make their products reach a bigger market.

However, research still remains to be an essential factor. No matter how discounted a sport nutrition supplement is, one should still look into how it will happen his body as a whole.

Awareness of the current condition will help one identify better which sport nutrition supplement to take in. Discounts are of great value, but one should not take for granted the benefits of the sport nutrition supplement itself. One must take note that their purpose is to fill in the gaps and not cause further trouble to the body.

Discounts on sport nutrition supplements are sometimes based on the expiration date of the product. In many cases, those whose price falls really low have very near expiration dates.

While these may still be consumed before the indicated date, one must make sure that he does not take them in anymore as soon as the date has lapsed. Doing so may be very harmful to the body.

Proper information gathering is key here. One must not take for granted the nutritional value of the sport nutrition supplement for the sake of the discounted price.

Health is still far more important over money. Although the intention of these discounts is to make more people use sport nutrition supplements, one must still look at their significance to the body. Different people have different needs so if a certain supplement worked for another person, it does not guarantee similar results to another.

Discounts in sport nutrition supplements are great offers since these are usually expensive. However, in any purchasing decision, the major criterion must be what the body really needs.

One might be taking in too much of a certain supplement because they are cheap even though they are not really needed since they already are taking in those nutrients through the food they eat. Self-evaluation and awareness should remain as the first crucial steps.

Understanding Sports Nutrition Supplements

The kind of sports nutrition supplements a certain athlete is supposed to take would depend strongly on what is appropriate for the athlete's health status. However, some of these supplements are very hard to find or are very expensive or just too expensive for an average athlete.

Here are some of the sports nutrition supplements that you can get, with the same amount of nutrients that you need but for extremely low prices!

Steel Edge, which you usually purchase for forty-seven dollars and ninety five cents (\$47.95), you can now avail for only thirty nine dollars and ninety five cents (\$35.95).

This supplement is designed to specifically maximize the physiological environment of your body before you perform your workout. Steel Edge primes your body for focused, intense and energetic workouts that will most probably give you the results you seek.

Scivation Sesamin is another form of a discount sports nutrition. This supplement is bought for twenty four dollars and ninety five cents (\$24.95), but for you only twenty one dollars and ninety five cents (\$21.95)! What are you waiting for? There is no bargain better than what discount sports nutrition offers!

You also do not have to worry because Scivation Sesamin has been tested in appropriate laboratories for purity and potency. It is discovered to be containing a high-grade extract of Sesamin, which is a lignan that occurs naturally and is found in sesame oil.

Researchers have proven that Sesamin is perfect for discount sports nutrition because it maximizes fat loss, supports the kidney and the liver, and keeps the profiles of your lipids healthy.

Super Enzymes are sold at a whopping price of only seven dollars and fifty cents (\$7.50). Just because it is not as pricey as the other forms of discount sports nutrition that does not mean that it is not worthy of purchase.

It is scientifically engineered with essential enzymes like papain, pancreatin and bromelain. These enzymes assist the digestion of food. Therefore, Super Enzymes is a discount sports nutrition that aids in food digestion.

You can have Rize 2 for forty-nine dollars and ninety nine cents (\$49.99). It is an herbal form of discount sports nutrition that is often utilized for the enhancement of male sexual performance. It contains a mixture high quality ingredients extracted from nature, and these ingredients improve sexual performance and pleasure.

This is often purchased by old men who cannot perform as well as they think younger men do, but that does not mean that younger men cannot purchase this either.

Another supplement is the Hi Tech Dianabol which is being sold for only thirty nine dollars and ninety five cents (\$39.99). The king has made a comeback and has been given the new name of Dianabol due to its remarkable ability to increase strength and muscle by using anti-proteolytic ways. This anti-proteolytic means is deemed to be more important than direct anabolic protein synthesis.

If you have to budget thirty-seven dollars and ninety five cents (\$37.95) for a discount sports nutrition, then Hi Tech Anavar is the supplement to get. It is a catalyst that builds muscle in order to be able to increase size and strength.

What does it contain? It contains a formulation of anabolic agents that are potent and are non-steroidal.

L-leucine-ketoisocaproic acid is the long version and hard to pronounce version, that just makes you want to tear your hair out, of Leukic. Leukic is also a little hard to pronounce, but definitely not as hard as its long version.

This form of discount sports nutrition activates the muscle machines so that the body can get to transmit a powerful anabolic muscle-building signal. Nice huh? It would be a lot better to know that with Leukic, there is no elevation of or decrease in hormonal levels!

Discount sports nutrition is thought of many to be a dumb bargain, a bargain of less useful supplements. Looks like who made that theory was really wrong.

Discount sports nutrition serve humanity with the best bargains, supplements that can truly help an athlete's performance, not just an athlete's but performance in general, for prices that not only bigwigs can obtain because they are very much affordable.

Get Your Year-Round Supply of Discount Sports Nutrition

Why insist on buying costly sports nutrition if you can have discount sports nutrition?

Discount sports nutrition products and discount sports nutrition supplements are logical choices. Not cheap, mind you, but, actually clever. You will find products that are reasonably within your reach in discount sports nutrition stores.

Whether you're into marathon, cycling, running, swimming, or weightlifting, discount sports nutrition stores give you a wide array of products to choose from. Discount sports nutrition offers all types of supplements, energy bar gels, sports energy drinks and other beverages, muscle development supplements, and other elements in the world of sports nutrition. Frankly, staying fit does not really mean breaking the bank.

For particular nutritional products, discount sports nutrition is a best source for the best available quality, like Amino acids, multi-nutrition content bars, muscle enhancing milk products, carb products, endurance enhancing products, whey supplements, and other specialized sports nutrient products.

Muscle-building package available at discount sports nutrition store

You can accelerate your training results by choosing the appropriate sports nutrition available on discount. It is for no reason that sports scientists have spent millions of dollars for research and development of supplements specifically targeted at people with special on muscle-building.

If you're into weights or just athletically involved, you should be taking supplements right to supports your body's particular need on building muscle fiber. While it is true than you can have results in your body even without the benefit of supplements, the extra works is by logic, needs extra nutrients, i.e., supplements. Particularly after workouts, the needs extra nutrients to repair its damaged muscle tissue, and it is here that the need for supplements is very obvious. Of course, dramatic results are also possible only when you're using supplements.

Human growth hormone products

Also available at discount sports nutrition store are Human growth hormone products, better known as HGH. Bodybuilders, and other athletes that are into strength or resistance exercise can have immense benefit from HGH based products. There's nothing to worry about taking HGH. Human growth hormone is a hormone that can be found naturally in our body. What HGH based products do is nothing but add a little bit more of this hormone.

This hormone also serves as a buffer whenever our muscles undergo extreme stress during exercise. Muscles also use this hormone to repair itself, during rest period. This hormone also produces lean muscles, which is one of the most coveted result in any other fitness program. Developing lean muscles will also result in decreasing body fat percentage. Endurance, energy production, and overall athletic performance will also improve by taking this hormone.

Protein and nitrogen products

Discount sports nutrition stores are also good sources of Glutamine products. Glutamine products are important to support any exercise regimen. This micronutrient enhances the ability of our muscles to recover after intense exercise. Glutamine also increases HGH production, thus, further improving the ability of the body recover after regimen. Glutamine also increases protein synthesis and nitrogen retention. This retention is important for the body to have a standby nutrient for emergency needs.

Other micronutrients in their elemental forms are also available in discount sports nutrition stores. Some of the micronutrients that make up the long list are vitamin C, vitamin E, bee honey and nutrients in concentrated form needed by athletes to build their strength and endurance.

Discount sports nutrition stores normally maintain a huge selection of bodybuilding supplements, sports nutritional supplements, general health and fitness nutrition goods, and

other nutrients such as creatine, whey protein, weight loss supplements and weight gainers supplements. Other products with specific role are also available.

Countless studies had proven that taking these nutrients in combination improves absorption. Vitamins and other micronutrients are particularly known to exhibit these properties. Latest research also points to the positive synergy created by taking these micronutrients in combination. This synergy type of working has been observed also in other compound nutrients containing these micronutrients.

And because we're talking about discount sports nutrition, we're talking about discounted products. So, whether you want to lose some of the excess weight, or gain much needed muscle mass, you don't really need to stress over how much their little helpers will cost you -- discount sports nutrition is your ultimate answer.

Sports Nutrition Protein For Your Exercise Regimen

Let's be honest about this. Every athlete wants to be considered as somebody in his or her chosen field. And this is true with every single athlete. This is true about you.

But if you want to be recognized as an athlete, you've got to have the right nutrients in your regular food intake, specifically sports nutrition protein. While it is true that drinking enough water and eating a balanced diet is enough for the regular guy, sports people ó you included ó need additional nourishment, for the efficient production of energy and fuel.

Your rigorous training must be accompanied by the right amount of sports nutrition protein. This will help you maximize your athletic talents and in the process gain more power, strength, and endurance as you train.

The dynamic of these factors is simple: you've got the talent and are properly driven so you are into sports and need rigorous training. To endure the training, you need sports nutrition protein. And to prepare your self for the next training, the more will be your need for a sustaining formula, like sports nutrition protein.

The benefits of sports nutrition protein

Let us start with proteins. Proteins come in animal products such as poultry, meats, fish, eggs, dairy products and plant based stuff like beans, nuts, and other foods. These foods should provide 12-15 percent of your daily calorie intake. And this is where the challenge lies -- how to extract the needed percentage from this food without consuming the excess bulk becomes a problem. This is exactly the reason why sports nutrition protein was formulated.

The reason behind this is very much like what you have with vitamins. You take vitamin C in its elemental form because, in order to obtain the needed amount of vitamin C, you have to eat lots and lots of oranges and guavas daily. Same with sports nutrition protein. You don't need to consume kilos of meats and beans on a daily basis.

But why take protein? Because protein is the guy who gives your body the power to create new tissues. But since your body can only take so much, extra protein is either burned for energy or converted into fat. For this reason, a right amount of protein, particularly present in sports nutrition protein is needed.

Other factors to consider

The amount of protein you will need depends on your fitness level, work regimen, and the intensity and duration of your exercise. Total calorie intake, which includes carbohydrate, also plays an important role in your protein intake. But bear in mind that protein, is not only a source of energy, but exactly gives your body the power build new muscle tissues.

When is reconstituting new tissues needed? When tissues undergo a bit of "destruction" during heavy exercise. But don't worry about this destruction. It is needed by the body to exercise its immune system (hey, your own immune system also needs an exercise, just come to think of it).

Also during exercise, the entire array of your body's healing power is summoned. This dynamic of the human body is lost to many, specifically for those who do not believe on the necessity of involving into sports, or even simple physical activity.

In terms of the nature of your exercise, you will need sports nutrition protein as deemed necessary. If you're a starting athlete, you will need much more protein compared with what you need before you embarked on this journey. And if the type of sports that you are in is an endurance type, you will often burn protein for fuel. The need for sports nutrition protein is more pronounced.

You should also consider that you body burns more protein if you do not consume enough calories for this is your body's way of compensating to maintain ideal. Not enough food and nutrients coupled with too much exercise causes this to happen.

On the other hand, your body may also use protein for energy if you exercise with low levels of muscle glycogen (a stored form of glucose, yes, sugar) or if you are doing sustained exercise without consuming enough carbohydrates. This is the reason why specially formulated nutrition, like sports nutrition protein, is important.

What Keeps The Athletes Going

If you are one of those ill-witted who perceive athletes as gods who don't need to stop to take in air, or to relax when there is need for relaxation, then perhaps it would be much of a disappointment to you to find out that athletes are not so different from those who are not athletes for they also make use of supplements to get them going.

It is part of their diet to take in supplements to have an enhancement of their endurance, and also to increase or, if not increase, maintain the appropriate muscle mass to be able to improve size and strength.

Protein supplements are part of sports nutrition, without these said sports nutrition supplements; athletes would not be the way they are at present. However, contrary to what most people think, diets jam-packed with protein do not necessarily build up muscle strength.

Building up muscle strength would be the job of regular physical activity. So if you want those big muscles you have to do exercises, not necessarily at gyms but could be also at your residences, daily. Doing so not by the day would not be producing the same result if you do so daily.

Sports nutrition supplements need high levels of protein, which you can get from protein-rich foods and enumerating all will be a total waste of space in this article.

But to enlighten you, here are a few of the foods that are rich in protein. There is fish, poultry and dairy products, and these are the foods you usually get your protein from because some sources of protein are high in fat and also in calories. So basically, you must take note which sources are high in fat and which are not.

Yeah, sports nutrition supplements sound so good but they can also put a strain on your liver and kidneys, which is the main reason why sports nutrition experts discourage taking them.

Some other sports nutrition supplements also have high amounts of nitrogen, which will only be excreted from your body as urea. But it is not as easy nor is it as safe as it sounds for this said excretion often causes fluid imbalance, which will then lead to dehydration.

There is also a higher risk of heart disease due to the high fat intake associated with sports nutrition supplements that have high amounts of protein from animal sources.

Another disadvantage of sports nutrition supplements is that there is a huge tendency that you will ingest amino acids that are capable of interfering with other amino acids, which will have a result of a metabolic imbalance.

Sports nutrition supplements that have high amounts of amino acids can also cause gout; diarrhea and stomach cramping that can rank from mild to severe pain.

Even if sports nutrition supplements are being discouraged by sports nutrition experts, Bricker Labs, a sports nutrition supplement manufacturer, still do a lot of advertising and manufacturing as well.

Bricker Labs has over thirty years to blame for their success in their provision of sports nutrition supplements. They do not apply to sports nutrition only too, but also to weight loss, diet, health and other nutritional aspects.

So if you have plans to take any kind of sports nutrition supplements, then Bricker Labs is probably the sports nutrition supplement manufacturer to trust. Why? It is because they use ingredients that are safer than what other sports nutrition supplements contain. What kind of ingredients, you ask?

They make us of the L-Carnitine, which is mainly there for weight loss, energy and also for having a healthy heart function; Colostrum, which gives your body a healthy immune system function and also gives your body an improved stamina and also for an easier recovery in almost all cases; Vandayl Sulfate, which is capable of growing your muscles and also has the ability to define your muscles; Protein, everyone knows what protein is for and that is for sports nutrition, and also for health and muscle growth.

Another is the Creatine, which is also for sports nutrition and muscle growth but it also involves bodybuilding this time; HCA or Garcinia Cambogia, for losing weight and suppressing your appetite; and last but certainly not the least, Vitamin B-12, this one is for overall health and nutrition.

So what more could you ask for? Sports nutrition supplements give you what you need, what your body needs and boosts your ego all the same time.

Sports Nutrition Supplements

If one wants excellent performance, he must train well and fill himself with good nutrition. This must be clear to all athletes and health buffs. One cannot cope with mere exercise.

A healthy diet and good nutrition must be the springboard of all activities. If that is the case, optimum performance will come almost automatically and naturally.

Unfortunately, though, not all essential nutrients are available in food. At times, also, some people have certain limitations when it comes to food intake. With this, sports nutrition supplements are very important as they effectively fill in the gaps.

Sports nutrition supplements need not be complicated. In the first place, health must be within reach and never difficult.

However, it should not be seen as mere swallowing of pills or tablets. Sports nutrition supplements are simple in a way that they generally mean three things.

First, smart training must be done in whatever sport one is in. Second, one must be sure that most of the nutrients that he is taking in come from healthy food. Third, sports nutrition supplements must be taken to fine tune performance.

To identify what one needs to take sports nutrition supplements for, he must watch what he eats. He must record what he craves for before, during, and after the workout.

From there, he will see the trend of what nutrients he normally gets because of the food he eats and what he does not get at all. He will then be able to identify what needs sports nutrition supplements.

Indeed, both healthy eating and workout must be practiced well to eventually be incorporated in one's daily routine. If one happens to lack the discipline, a strict diet plan including both regular foods and sports nutrition supplements must be laid down well.

This should be based on certain nutritional information that are well-considered and that are incorporated to a workout routine that is most favorable to the person. One must think of ways to make the routine likeable as much as possible to ensure sustenance.

Setting clear cut goals at the very start will also help one identify and decide on which food and sports nutritional supplements he must take in.

He might want to take into consideration target body fat composition, body type, presence of good and bad fats, frequency of meals, cardio training, and weight training. Such targets may likewise be good forms of motivation.

In the market, there have already been lots of sports nutritional supplements introduced.

In spite of such diversity, they may still be classified into the following major categories: protein supplements, vitamin supplements, weight loss products, creatine, glutamine, and protein bars. Popular brand names are as follows: Xendadrine EFX, Hydroxycut, Muscletech, EAS, Twinlab, Optimum Nutrition.

Indeed, it may be confusing to choose as each brand would normally have unique promises but one has to remain focused on the nutritional value of each and its relevance to one's routine and needs.

The bottom line here is awareness of one's needs, practices, and goals in terms of health. Without it, no matter how good the market of sports nutrition supplements is, not one product will match well.

It is true that certain nutrients have been found to be commonly beneficial for all but in some cases, there happens to be enough already in the body as they are regularly taken in through food. This will obviously be not evident without proper awareness and information gathering as well.

One must remember that these nutrition supplements are intended to fill in the nutrition gap and not cause an excess that will only be harmful to the body.

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