



# NUTRIENTS FOR SPORT AND MITOCHONDRIAL FUNCTION

## CURCUMIN

- Potent anti-inflammatory, antioxidant, immune modulator
- Used for athletes for inflammation and recovery
- Reduces both chronic and acute inflammation caused by physical exercise and joint movement
- Cox 1 and 2 inhibitor without side effects of NSAIDS (7)
- Pain, arthritis and post training inflammation

## PROBIOTICS

- Immune and gut support

## VITAMIN D

- Bone and immune support

## CO ENZYME Q10

- Essential for cellular energy production, mitochondrial function and to reduce ROS and oxidative damage
- Role in electron transport for oxidative phosphorylation and the production of ATP, with in the mitochondria
- Antioxidant, membrane stabiliser and inhibits the oxidation of fats and proteins

## MAGNESIUM

- Enzyme cofactor
- Electrolyte
- Energy production
- Glycolysis
- Muscle contraction
- Cardiac function

## CARNITINE

- Fatty acid metabolism

## VITAMIN B12

- Energy production
- Red blood cells

## GLUTATHIONE

- Antioxidant
- Mitochondrial health

## WITHANIA

- Adaptogen/HPA support, Modulate impact of physiological stress and recovery
- Promoting energy

## ALPHA LIPOIC ACID

- Mitochondrial health

## VITAMIN C

- Involved in biosynthesis of carnitine
- Antioxidant

## OMEGA 3 FATTY ACIDS

## ZINC