



## Core Nutritional Products Can Aid Your Training and Competition

By James Johnson

3x USA National Champion

**W**ith today's full training and competition schedules pushing athletes to burn the candle at both ends, it becomes ever more important for them to purchase safe, high quality foods, vitamins, and dietary supplements. Especially if they aspire to become champions, turning to optimal nutritional products is vital for successful training and competition. But how much should you supplement? When there are so many products out there, all with differing nutritional values, and some even containing harmful elements, how do you select the right ones? When shopping for the best nutritional supplements we need to seek those offering maximum nutrient values, and meeting our safety criteria—all in one package.

Nutrition For Life nutritional products will help you reach your optimal levels of performance. I recommend the following core nutritional supplements for athletes to combat high levels of physical stresses, training, competition and injury. How do these core products work? **The Real Meal Bar** is a delicious low-calorie, high-

protein bar with a balanced blend of carbohydrates, fats, and protein. This scientifically balanced product also contains inulin to help satisfy your appetite and control blood sugar. You'll fuel your body without energy spikes for maximum performance.

**Ener-G** is the ultimate high-performance drink that replenishes vital fluids, electrolytes, vitamins and minerals, supplying the body with immediate support for energy and competitive sharpness. Loaded with vitamins A, B, C and E and a full complement of minerals, copper, potassium, chromium and zinc, Ener-G doesn't contain creatine or caffeine in its properties.

**Essentials**, a scientifically balanced multi-vitamin product delivers a "Powerhouse" of nutrients that includes vitamins and minerals, phyto-green, antioxidants, and digestive enzymes required for athletes seeking to get the utmost from their bodies in training and in competition.

**O2Support** is a unique combination of antioxidants, amino acids, minerals and vitamins that help to nutritionally support the body by aiding cellular respiration, enhancing electron transport, and assisting in efficient utilization of oxygen by body tissues.

**LeanLife Meal Replacement Shake**, utilizes a scientifically developed approach focusing on balanced nutrients, on-time delivery, and fluid-replacement to support your weight management goals. LeanLife® nutritionally works with your body—fueling it with vitamins and minerals plus needed branch-chain amino acids. The blended proteins are easily metabolized to provide sustained energy during training and competition.

**M2PowerPlay**, fuels you with the ultimate growth-hormone release amino-acid, L-Arginine, an aid to improving muscle tone, increasing your ratios of muscle-to-fat, improving muscle coordination and bone density, and speeding wound healing.

Nutrition for Life products can never replace proper training but they will always naturally complement and enhance our efforts. Reaching peak physical performance will only occur when we supply our bodies with optimal amounts of essential nutrients. And we actually decrease our performance levels when we neglect nutrition or use improper, unbalanced nutritional methods. Additionally, years of training and competition have also taught me the psychological advantages of maintaining good nutritional practices, of believing that I am trained—and fueled—to win. Thus while everyone knows that having good health is essential to all our daily activities, every champion knows from experience that the right nutrients and vitamins are essential to meet our training, competition and recovery goals.

NFLI offers a full line of sports nutrition products scientifically researched and tested to supply the necessary, optimal fuel individuals need. Boost your sports and fitness performances with cutting-edge sports and fitness nutrition products from Nutritional For Life, that fully comply with all current National Collegiate Athletic Association (NCAA) and US Anti-Doping Agency (USADA) standards.

To inquire about NFLI sports and fitness products call 1-800-344-5892 and give the operator this ID number 223163 and start your nutritional planning for greater successes. You may visit our website at [www.nutritionforlife.com/223163](http://www.nutritionforlife.com/223163) to purchase products or contact us at 1-888-877-2322 (toll free) regarding suggested ways to utilize nutritional supplements for your training and competition objectives. 🏋️

## High Performance Products For Enhanced Results

To Do Your Best, Start With the BEST... sports performance products from Nutrition For Life. We've combined the latest innovations in nutrition, science and technology to deliver leading-edge products that are safe and effective and comply with current National Collegiate Athletic Association (NCAA) and US Anti-Doping Agency (USADA) standards.

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Independent Distributor

[www.jjchamp3x.com](http://www.jjchamp3x.com)

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