



food supplements and sport

# SPORT AREA



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leader in the production  
of **bcaa tablets**



## what is the use of the product?

Food supplements are used by athletes worldwide. They are products used to enhance athletic performance that may include vitamins, minerals, amino acids, botanicals or combination of these.

## area of interest

steps of sport:

1. prework
2. high performance
3. anabolic performance
4. recovery
5. high resistance.

## typical composition

MINERAL SALTS, MULTIVITAMINS, ENERGIZING, AMINO ACIDS.



## formulation

Powder in sachets, tablets, chocolate, chewing-gum.

useful to fill gaps or the increased need of nutrients



## REFERENCES

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Dietary Supplements and Sports Performance: Introduction and Vitamins. J Int Soc Sports Nutr. 2004; 1(2): 1-6.  
Vitamin/mineral supplement use among athletes: a review of the literature. Int J Sport Nutr. 1994 Dec;4(4):320-34.

