

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Nutrition Supplement

By Rolf Rasmusson

Nutrition Supplement by Rolf Rasmusson

Nutrition Supplement - nutrition.

Nutrition supplement is a term familiar to most of us. So what is nutrition supplement and why is it so important? Nutrition, by dictionary definition, is the sum of the processes by which someone takes in and utilizes food substances. One of the main advantages of utilizing food substances is the intake of vitamins, amino acids, minerals, herbs, etc. These are the things that make our body healthy.

Nutrition Supplement - what is it?

When people don't get enough of nutrients through food and when a well-designed diet doesn't work, people turn to the help of some type of nutrition supplement or supplements. A nutrition supplement is added to the diet to make up for a nutritional deficiency. The supplement increases the intake of vitamins, amino acids, minerals, etc. But you have to be careful when purchasing some supplement, since supplements are not required to meet FDA standards.

Nutrition Supplement - the usage?

Many people nowadays use some type of nutrition supplement. In 1996 alone, consumers spent more than \$6.5 billion on dietary supplements, according to Packaged Facts Inc., a market research firm in New York City. Nutrition supplement or supplements can be found in many forms: nutrition bars, tablets, capsules, powders, liquids, etc. A lot of supplements do not require any prescription. You can purchase them in health food stores, grocery stores, drug stores, or through mail or Internet.

Nutrition Supplement - nutrition supplement bars.

Some of the most popular types of nutrition supplements currently available on the market are nutrition supplement bars. There are many questions people have about nutrition supplement bars. Are they good? What are you getting with them? According to advertising of major nutrition supplement bars' manufacturers, their bars contain high levels of protein and low levels of carbohydrates.

Additional interesting content at www.nutritional-supplement-4u.com

Sports Supplement

By Rolf Rasmusson

Sports Supplement by Rolf Rasmusson

Sports Supplement - what is it?

We are all aware of what is a nutrition or diet supplement, but what is a sports supplement? A sports supplement is a subcategory of nutrition supplements. The sports supplement is associated with rising sports results, intensifying training, lowering the consequences like muscle pain, etc. Many athletes use some type of sports supplement or supplements, but if you are an athlete you need to be careful as some of the chemicals used in production of supplements or some of the supplements themselves can be on the banned substance list.

Sports Supplement - caffeine.

Caffeine is an example of a sports supplement. Athletes have used caffeine for a long time as it helps them to stay alert and improve endurance. A good thing about caffeine is that there was a lot of research done about it. According to many sports researchers, caffeine supplements claim that caffeine improves athletic performance, increases energy, delays fatigue, improves fat burning, and enhances body fat loss.

Sports Supplement - protein.

Protein is another example of a sports supplement. According to many athletes, high protein diets help to increase muscle mass and gain strength. Unfortunately there is no scientific proof of that nowadays. Protein supplements claim that protein supports muscle growth, increases muscle strength and mass, improves recovery, etc. Again, no research is available to prove these claims.

Sports Supplement - creatine.

Creatine is yet another example of a sports supplement. According to many sports researchers, creatine supplements seem to enable muscles to work harder before becoming fatigued. Creatine supplements claim that creatine improves high power performance of short duration, increases muscle mass, delays fatigue. If you are an athlete, you need to be careful about using creatine sports supplements as there is very little research regarding safety of creatine.

Additional interesting content at www.nutritional-supplement-4u.com



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!