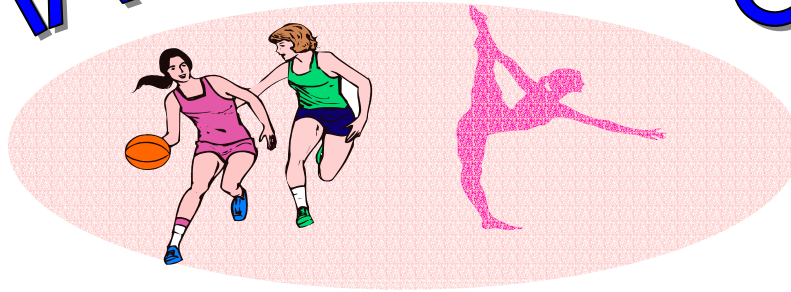
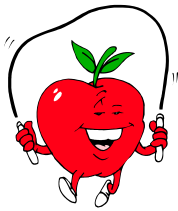


WHAT ABOUT OUR



ATHLETES, DANCERS AND GYMNASTS



➔ **Athletes create higher “oxidative stress” in their cells.**

➔ **Without proper nutrients muscle cells become weakened, resulting in diminished growth, sub-par performance and higher risk of disease.**

➔ **Peak performance starts at the cellular level.**

➔ **Cumulative damage from oxidative stress in athletes (who are aerobically fit but not nutritionally fit) can be neutralized by matching the level of physical activity with the amount of antioxidants in their diet, reducing the risk of injuries and illness.**

➔ **A blood cell lasts 60 – 120 days, in 3 – 4 months your blood supply is completely replaced, in 6 months almost all proteins are replaced, even the DNA of your genes, and in a year all your bones are replaced, constructed entirely out of the nutrients you eat. So, you really are what you eat!!**