

INJURY PREVENTION NUTRITION



Soft Tissue

Injuries cause damage to soft tissues like tendons (ACL, MCL), ligaments and muscles

Anti-inflammatory

Antioxidants are anti-inflammatory and help the body prevent muscle damage and may aid in injury recovery

Immune System

The immune system plays an important role in the inflammatory response resulting from injury to tissue

Bone/Joint

Bone and joint injuries can result from sudden trauma or from repeated stress over time

Nitric Oxide



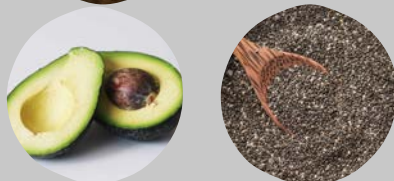
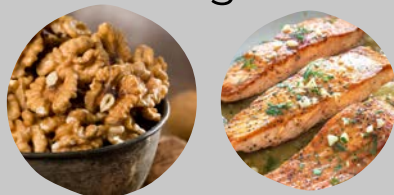
Vitamin C & Gelatin



Leucine



Omega-3



Antioxidants



Fruits & Vegetables



Greek Yogurt, Green Tea, Kefir



Calcium



Vitamin D



Vitamin K & Magnesium

