**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 aide 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.

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**Nitric Oxide**
- Nitric Oxide
- Vitamin C & Gelatin
- Leucine

**Omega-3**
- Omega-3
- Antioxidants

**Fruits & Vegetables**
- Fruits & Vegetables
- Greek Yogurt, Green Tea, Kefir

**Calcium**
- Calcium
- Vitamin D
- Vitamin K & Magnesium