

Performance Enhancement & Recovery Nutrition

An active lifestyle can be very demanding and puts the body at risk for both acute and chronic injuries. Understanding and implementing the proper components of nutrition for total health and healing is essential for recovery and will prepare the body for injury prevention and optimal performance.



high performance nutrition®

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vitamin C-packed foods.
 it in maintaining the
 ssels and is an antioxidant
 sue damage.



itamin C are citrus fruits
 efruits, and vegetables

STEP 8: Eat zinc-rich foods.
 important in tissue regeneration
 body resist infection. The best
 are whole grains, legumes, and
 including lean beef choices.

**STEP 9: Help boost your body's
 inflammatory processes by eating
 in substances that fight inflammation.**
 includes apples, citrus fruits, fab
 beans, kale, nuts, olives, extra
 onions, pineapple, prunes, see
 wheat germ.

**STEP 10: Support your diet with
 using a high quality multivitamin
 supplement rich in antioxidants
 and Vitamin D.**

PRACTICE OTHER HEALTHY
 In add:
 way:

CHOOSING THE RIGHT SUPPLEMENT to proper nutrition, t
 The three most important issues that affect your body. For
 concerning selecting a vitamin/mineral
 supplement are:

#1. Is the supplement safe to take?
 Purchase products that are tested
 and certified for purity by third party
 independent agencies. This is the
 to be certain that what is listed or
 is actually in the product, AND, th
 is nothing contaminating the proc
 is not on the label.

#2. Does the supplement get absorbed?
 Supplements can pass through the
 digestive tract partially or completely
 unabsorbed. Make sure that the
 supplement meets USP standard
 potency, uniformity, disintegration
 so that you are getting the
 your supplement

SUPPLEMENT FORMS
 According to the American Dietetic Association, all adults should use supplements, but only if a dietitian or other medical professional gives a customized nutrition supplement formulation on the latest research and guidelines from well-established organizations, as well as from the Committee on