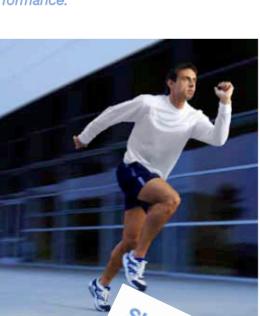
## Performance Enhancement & Recovery Nutrition

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.



Supplement formulation organizations from the Committee of the Committee o

## high performance nutrition®

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