



Always see a health care provider or sports dietitian for a consultation prior to taking a supplement.

DIETARY SUPPLEMENTS

Specific To Body Functions

BONE SUPPORT



Vitamin D

- Small amounts can be found in food such as oily fish, egg yolks, and fortified foods such as milk, orange juice, cereal, etc.
- The main source comes from exposure to ultraviolet B (UVB) radiation from sunlight. Optimal sunlight exposure in the summer is 10-15 minutes per day, 3-4 times per week on 3-4 large body parts.
- This supplement is better absorbed if taken with a meal that contains fat.

Calcium

- Recommended daily servings = 3-4 totaling 1000mg/day.
- If an athlete has Amenorrhea or is recovering from bone injury, then 5 servings are required per day.
- 1 serve = 1 cup of yogurt, 1 cup of milk, 1 ounce/30g of cheese, 1 cup ice cream (liquid: 1 cup = 8 ounces = 250ml).

ENERGY



Iron

- Take iron with a source of Vitamin C (i.e. a glass of orange juice, orange, or powered Vitamin C mixed with water) to help with absorption.
- Calcium-rich foods, certain fibers, tea, coffee, and cocoa can inhibit iron absorption. Iron is best taken with an empty stomach.
- Take iron 30 minutes before a meal or 90 minutes after.

WOMENS HEALTH



Daily Vitamin and Mineral

- Recommended daily servings of fruit = 2+ (1 raw fruit or 1 cup of fresh juice)
- Recommended daily servings of vegetables = 5+ (1 cup raw or ½ cup cooked)
- A daily multivitamin is for times when you feel you do not get an optimal intake of food or during times of high demand on the body.
- If you are traveling internationally and identify that it is difficult to consume fruits and vegetables, then supplement with a daily vitamin.

IMMUNE SYSTEM SUPPORT

Booster C

- If you feel you're getting sick take 1 stick pack per day (sachet) for 10 days total.
- If you're sick with an upper respiratory infection, you may increase to 2 stick packs per day (sachets) for 3 days maximum.
- To build your immune system while traveling take 1 stick pack (sachet) 2 days prior to travel, during travel, and 2 days post travel.



Proglucamune

- Supports the body's natural defenses to influence healthy immune responses, even during occasional times of stress
- Follow the Booster C recommendations.

DIGESTIVE SUPPORT

Probiotic

- To optimize your digestive system due to frequent international travel or visiting a country with contaminated water, take 1 stick pack (sachet) every day for 14 days pre and during your next swing of tournaments.
- If you suffer from irritable bowel syndrome then take the probiotics for 14 days to see if there are improvements in your symptoms.
- If you are put on antibiotics, take probiotics every day of antibiotic treatment plus 2 days.



INFLAMMATORY INJURIES & FAMILY HISTORY OF HEART DISEASE

Omega 3

- Recommended daily servings = 1 tsp of vegetable fat per meal (3-6 times per day).
- Dietary sources: Fish high in Omega 3 fatty acids (Mackerel, Lake trout, Herring, Salmon), nuts and nut butters, avocados and olives, olive oil, and dairy products (cheese, milk, and yogurt).
- To avoid an upset stomach this supplement should always be taken with food.
- This supplement is recommended during inflammatory based injuries and if HDL cholesterol is genetically low.



SLEEP AID

Melatonin

- Melatonin is NOT a sleeping pill.
- Melatonin is NOT habit forming, it is a naturally occurring hormone that promotes sleep and helps regulate the body's natural sleep and wake cycles.
- When taken 20 minutes before bedtime, Melatonin supports the body's natural circadian rhythms. This is helpful when sleep patterns are disrupted due to working off hours, traveling, or jet lag.

