

Nutrition for women in sports

As a woman in sports, whether you're a regular marathon runner or an occasional golf enthusiast, peak nutrition is the secret to great sports performance. Herbalife's Energy and Fitness products will help you in the absorption of nutrients and the repair and renewal of muscle tissue.

Herbalife's energy solutions are powered by guarana, antioxidant-rich green tea, vitamins C, B6 and B12 and other valuable nutrients. Like all Herbalife products, the Energy and Fitness line is based on the concept of 'intelligent nutrition' - helping you reach your personal wellness goals.

Fuel your body; fuel your potential

Specific Herbalife products which provide nutrition for women in sports include: Schizandra Plus - The Schizandra plant helps to support the body's ability to use oxygen. The antioxidant ingredients can assist in sports recovery time and help fight sports-induced free radicals. Every sports woman needs this antioxidant formula! N.R.G. - Nature's Raw Guarana Tablets - Nature's Raw Guarana can provide a long lasting energetic feeling, whenever you feel you need it. No wonder it's been used for centuries for its spirited and refreshing properties. Herbalifeline - Unless you go out of your way to eat the right fat-rich foods, you're likely not to be getting enough of the essential fats that are vital for optimum health. Herbalifeline is rich in omega-3 fatty acids, which are the good components of fat that support the natural function of the heart and circulation. They are usually found in oily fish such as mackerel, herring and salmon. So take Herbalifeline to benefit from the fruits of the sea! Liftoff; Effervescent Energy Drink is a blend of taurine, guarana and caffeine to help you stay alert and focused for improved concentration. It delivers 100% RDA of B-Vitamins for energy production and Vitamin C, which is known for its antioxidant properties. Liftoff; is a nutritious, low-calorie drink with no added sugar; perfect for any lifestyle including those following a weight management programme

Herbalife sponsors a range of sporting activities around the world each year, often as a key nutrition sponsor - further highlighting their notable role within the sports and nutrition fields. Such events include:

- Nice Ironman Triathlon
- RCS Beach Volleyball Tour
- Warsaw Marathon
- Blenheim Triathlon
- Michelob ULTRA London Triathlon

Herbalife are also proud sponsors of a wide range of successful athletes, including:

- Denise Dimaki, Triathlete
- Team Hoydahl, Mountain Biking
- Olly Freeman, Triathlete
- LA Galaxy, Football

To find out more about products which provide specific nutrition for women in sports, call 01229 580220 or email info@wishingwellness.co.uk.

Wishing Wellness Ltd is an independent Herbalife distributor and ShapeWorks Coach.