

NATURAL SPORTS MEDICINE

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# ATHLETE'S FOUNDATION SUPPLEMENT BUNDLE



# HOW SUPPLEMENTS CAN SUPPORT A FOUNDATION FOR HEALTH & PERFORMANCE



## **Do I need to take supplements?**

I recommend, "Food first and supplements supplement". While eating a whole food, nutrient-dense diet is key, it simply isn't enough to get adequate vitamins, minerals, antioxidants and phytonutrients from food alone.

## **Are some supplement brands better than others?**

YES! The supplement industry can be challenging to navigate as the FDA does not regulate products on the market. There are low quality, high filler options (you can even find B12 vitamins at a gas station!) and there are also professional brands and some are "Provider only" meaning it request a Doctor's recommendation to even access the product. Finding high quality products means knowing details of where they are sourced, third party tested and better yet have clinical trials or data to support dosage or blends.

## **What's the benefit of taking protein powder?**

Protein is comprised of amino acid. Some of which are "essential" meaning you have to consume foods that have these building blocks to then use for neurotransmitters, muscles and cellular repair. Often made from whey isolate, some don't tolerated dairy well. Another concern with powders is the concern for heavy metals. Very excited to share that the product I recommend is tested and free of toxic heavy metals.

## **Do I take supplements with food?**

Most of the time it is beneficial to do so. Fat soluble vitamins are better absorbed with foods; this includes Vitamins A, D, K and E. Other vitamins can cause stomach discomfort or nausea without food such as B vitamins and zinc.

This is a GREAT way to "cover your bases" with vitamins, minerals, trace minerals and more- to help you PERFORM at your best.

# POWER PROTEIN (VANILLA)

An ideal protein for those who:

- want a true Paleo protein source
- want the power of beef to build muscle, cartilage & ligaments
- are dairy sensitive
- easier absorption and assimilation

Made with non-GMO ingredients.



[Purchase My Protein Powder Here](#)

## O.N.E. MULTIVITAMIN

Once-daily multivitamin with sustained-release CoQ10. Provides vitamins A, B, C, D and E in highly bioavailable forms.

This multivitamin specifically provides antioxidant support as well as promotes cellular and optical health.



## VITAMIN D 1000 IU

Research suggests that athletes with for suboptimal vitamin D status, may increase risks for stress fractures, acute illness, and suboptimal muscle function. It can support mood and immune function as well.



# TRIDENT SAP 66:33

Pharmaceutical grade fish oil. Each softgel provides 990 mg of EPA and DHA in a 2:1 ratio.

- optimal cognitive health and brain function
- healthy triglyceride levels
- joint tissue health



# INFLACALM SAP

A comprehensive, synergistic blend of nutraceuticals, proteolytic enzymes, and herbs scientifically researched to assist in maintaining optimal joint health, and supporting a healthy inflammatory response.

A great way to support with recovery (delayed onset muscle soreness) or as a natural pain management option.



# MAGNESIUM (GLYCINATE)

Magnesium activates the enzymes necessary for neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body. It is necessary for the utilization of calcium, phosphorus, sodium, and potassium. This vital mineral also helps utilize B-complex vitamins, vitamin C, and vitamin E.

Supports the metabolism and utilization of carbohydrates, amino acids and fats for energy.



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I hope that this list of supplements helps you to get started in reaching your goals as an athlete.

This simply provides a foundation for nutrition to support general health. For a personalized experience that involves a deeper dive into your individual concerns and medical history, I'd love to team up with you!

**Book a free 10 minute Try Out Call to discuss the services I offer and to determine if we're a good fit for each other.**



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