

BASEBALL NOTES – SUPPLEMENTATION

BIG KEY: ATHLETES NEED TO FOCUS ON A WELL-BALANCED DIET BEFORE CONSIDERING SUPPLEMENTS.

SUPPLEMENTS ARE MEANT TO DO AS THEIR NAME SAYS – SUPPLEMENT. NOT REPLACE.

IF YOUR DIET IS HIGH QUALITY AND YOU'RE LOOKING TO GET A BOOST IN YOUR RECOVERY HERE IS A LIST OF 6 SUPPLEMENT CATEGORIES THAT HAVE PROVEN TO PROVIDE VALUE.

1. ****PROTEIN POWDER:****

– HELPS WITH MUSCLE REPAIR AND GROWTH. CHOOSE A HIGH-QUALITY WHEY, CASEIN, OR PLANT-BASED PROTEIN POWDER.

2. ****CREATINE:****

– SUPPORTS STRENGTH AND POWER, BENEFICIAL FOR ACTIVITIES LIKE SPRINTING AND EXPLOSIVE MOVEMENTS. YES, IT IS APPROPRIATE FOR YOUNG BALLPLAYERS.

3. ****OMEGA-3 FATTY ACIDS:****

– FOUND IN FISH OIL SUPPLEMENTS, OMEGA-3S CAN SUPPORT JOINT HEALTH AND REDUCE INFLAMMATION.

4. ****MULTIVITAMIN/MINERAL:****

– ENSURES YOU GET ESSENTIAL VITAMINS AND MINERALS. HOWEVER, PRIORITIZE WHOLE FOODS FOR NUTRIENT INTAKE.

5. ****VITAMIN D:****

– IMPORTANT FOR BONE HEALTH AND IMMUNE FUNCTION. CHECK WITH A HEALTHCARE PROVIDER FOR APPROPRIATE DOSAGE.

6. ****ELECTROLYTE SUPPLEMENTS:****

– USEFUL FOR HIGH-INTENSITY ACTIVITIES, ESPECIALLY IN HOT WEATHER.

TRUSTED BRANDS

THORNE RESEARCH- WWW.THORNE.COM (OFFERS ALL SUPPLEMENTS LISTED ABOVE)

KLEAN ATHLETE - WWW.KLEANATHLETE.COM (OFFERS NEARLY ALL SUPPLEMENTS LISTED ABOVE)

LMNT ELECTROLYTES- WWW.DRINKLMNT.COM OR AMAZON

★*Always consult with a healthcare or nutrition professional before starting any new supplement regimen, as individual needs vary. Additionally, prioritize a well-rounded diet with a mix of lean proteins, carbohydrates, healthy fats, and plenty of fruits and vegetables to meet your nutritional requirements.

Baseball
NOTES