

## COASTAL NATUROPATHIC CENTER

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## FOUNDATION FOR EVERY ATHLETE

### MULTIPLE VITAMIN-MINERAL

- **MULTI-NUTRIENTS WITH IRON (MUL28)**  
*Take a total of 3-4 capsules daily in divided dose, with meals.*
- Other multiples might include Multi-Nutrients without iron (MUL47), Maxxum #3(MAXX3) and Vita-Big-Kids, for kids age 12 and under (VIT19)

### COD LIVER OIL:      *Take ½ to 1 Tablespoon daily.*

- Carlson's (CODL3) and Arctic-D (ARC25) both have Vitamin D added (for low light times of the year).
- Nordic Naturals, orange (ARCT6) & peach (ARCT7) have minimal Vitamin D (for summertime dosing)



### **PRE-EXERCISE PROTOCOL**

### ELECTROLYTE/ENERGY FORMULA (ELE18): *Use 1-2 scoops (for magnesium & electrolytes)*

This prevents muscle cramps/twitches, especially if there is increased perspiration.

### **POST-EXERCISE PROTOCOL**

### L-GLUTAMINE (GLU51): *Use 5 grams of powder in some food or liquid*

This protein is best taken away from meals and helps recover essential tissue.

### BROMELAIN (BROM8) or WOBENZYM (WOBEN)

To help resolve inflammation, these proteolytic enzymes are taken away from food.

*Bromelain:      2 capsules, 2/3x/day*

*Wobenzym:      3-5 tablets, 2-4x/day*

### HYDROXYLACTALBUMIN PROTEIN POWDER (HYDR7)

Pure, "pre-digested" protein.