

Vegetables: your super supplements

As an athlete, you want to live, train and perform at your best, which requires your body and mind to be functioning at their best. And getting the right vitamins and minerals helps to ensure that your body works like a well-oiled machine. Here are a few key nutrients, some of their (many) functions relevant to athletes and foods that contain one or more of them.*

Reduces tiredness & fatigue

Brain function

Vitamin C, B Vitamins (folate, niacin or B₆)

Hydration – water and electrolyte balance

Potassium

Release energy from food

B Vitamins (niacin or thiamin)

Bone Structure

Vitamin K or Vitamin C

When consumed as part of a healthy balanced diet

*cooked, except capsicum, lettuce, mushroom, tomato and watercress

For more information visit

