ZENfit live life the natural way

SUPPLEMENTS

Magnesium and Iron

Considering all of the important roles that magnesium plays in the body/brain, and the fact that a magnesium deficiency is one of the leading nutrient deficiencies in adults with an estimated 80 percent being deficient in this vital mineral, it's a good idea to consider taking magnesium supplements regularly and eating magnesium-rich foods.
With a well-rounded nutritional plan you should get most of what you need from food. but you can supplement in times of long or intense blocks of work.
* **Magnesium Chelate** is highly absorbable by the body and the kind found in foods naturally. This type is bound to multiple amino acids (proteins) and used to restore magnesium levels.

Never take iron and Zinc together as they counter each other out at the receptor site. Part of why most multivits are not good for much.

Zinc

Regulates absorption of copper and prevents overloading, which can inhibit cognitive function. Along with magnesium and vitamin D3 (among others), helps testosterone production. Testosterone is critical for cognitive function, especially mental energy and drive.
Use 15 - 30mg daily

Moringa

Considering the abundance and variety of vitamins, minerals and amino acids (protein) as well as the high concentration in which many of these nutrients are present in the Moringa Plant, it is easy to understand why Moringa has been said to prevent 300 diseases. Moringa is also one of the most powerful natural sources of antioxidants. Antioxidants supply the free atoms needed by the human body and mitigate the effect of free radicals.

The most incredible thing about Moringa is the amount of nutritional and medicinal chemicals and compounds found in this plant.
100g of Dry Moringa Leaf Contains:

- 10 times the Vitamin A of carrots
- ½ the Vitamin C of Oranges
- 17 times the Calcium of Milk
- 15 times the Potassium of Bananas
- 25 times the Iron of Spinach
- 9 time the Protein of Yoghurt

Creatine

Taking creatine can be useful for boosting production of energy in the form of adenosine triphosphate (ATP). ATP is sometimes referred to as the “molecular currency” of the body, since it helps store and transport chemical energy within cells. ATP is needed for cellular functions and is the source of fuel for our muscles — especially when they are working hard, such as during exercise.
Use: 5g daily

Long Chain Omega-3 Fatty Acids

Having a good ratio of omega-3:omega-6 in our tissues sets us up for a healthy inflammatory response to oxidative insults. This is very important for Ultra distance athletes as it helps to balance the lipid profile, promotes anti-inflammatory properties and is responsible for cell wall permeability (so good stuff can get in) to carry around the or out of the body.
Use - 3 - 6g **daily.**

Vitamin D

Vitamin D is essential for optimal health and fitness, yet deficiency is very common, even for those living in sunny locations. Technically a hormone, vitamin D is vital for maintaining high energy, brain and nervous system function, strengthening bones, teeth and muscles, and many other benefits.

Vitamin D can also:

- Improve exercise performance and recovery.
- Help regulate inflammation.
- Influence melatonin for sleep.
- Help regulate hormones.
- Reduce the risk of cancer, heart disease, and other illness.
- Improve calcium absorption and metabolism.

Low levels of this hormone can contribute to fatigue, mental impairment, stress fractures, injuries, muscle pain and weakness, weakened immune function, and reduction in the body’s ability to prevent infections, including colds and flu. Vitamin D deficiency can also increase the risk of death similarly to smoking, inactivity or obesity.

Protein

When you exercise, you are effectively tearing and breaking muscle fibres apart, which then need to be repaired by the body, requiring protein to do so.
An endurance athlete should probably look at around 1.1 – 1.7 grams per kg of body weight.

There are two main types of protein sources and these are **animal** based protein or **plant** based protein. The most common animal based proteins are dairy and egg.

Pea protein isolate is a plant based protein it is genuinely a very powerful, clean and healthy protein for anyone whether pro-athlete or just a gym bunny. Aside from its strong amino acid profile, it is not unnaturally processed, it has a smooth texture and actually tastes great. It is superior not just in using it for a natural recovery shake but also in a pre training or racing meal. I feel this is the most complete protein and there can be no questions asked around allergens, hormones or food safety.

Folate

Folate is an essential B vitamin, found in vegetables, meats and legumes. It is vital for many health and fitness functions.

What Does Folate Do?

Folate facilitates many important chemical reactions within the body that help prevent cancer, cardiovascular disease, diabetes, Alzheimer's, depression and osteoporosis, along with neural tube defects and infertility. Folate can also help build red blood cells to carry oxygen to muscles, and improve brain function.

However, an unhealthy synthetic vitamin version of folate, called *folic acid*, is commonly added to processed foods, and used in dietary supplements. Folic acid can be harmful to many people because it may not function like natural folate. Listed in ingredients as *folic acid*, it can accumulate in the blood as *unmetabolized folic acid*, which can be very harmful to the brain and body.