PROBIOTICS AND ENZYMES FORMULATED FOR SPORTS NUTRITION

ATHLETES

9 out of 15 runners experienced gastrointestinal distress according to a recent study that investigated gastrointestinal problems in a group of ultra-marathon runners.2

Enzyme Supplements have the ability to address the site at which nutrients are broken down, increasing blood glucose and leading to enhanced performance parameters.3

Enzyme supplements help break down protein into smaller peptides to allow for more effective absorption, reducing the potential for digestive discomfort. This is because whey protein must be broken down into smaller particles within 90 minutes of consumption or it will remain undigested, causing bloating, nausea and cramping.7

Enzymes and supplements are consumed by athletes and bodybuilders to improve their overall health, performance, and muscle growth.5

Enzymes and supplements are formulated for sports nutrition to be consumed during training.6

Modifying intestinal microbiota through the use of probiotics could be an important therapeutic tool to improve athletes’ overall general health, performance, and energy availability while controlling inflammation and redox levels.9

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In a clinical study, the consumption of the probiotic Bacillus subtilis DE111 in conjunction with adequate post-workout nutrition produced statistically significant improvements in the reduction of body fat percentage and a strong trend indicating improved performance of the deadlift exercise.8

Athletes

Up to 93% of long-distance triathletes exhibit gastrointestinal symptoms according to a study of those who competed in extreme conditions.10

BenEFITs

Emerging lifestyle and recreational users, increasing health awareness, and growth on the number of health clubs and fitness centers is a demand that drives the market growth.9

Amino acid-based dietary supplements accounted for 14.3% of the market share in 2015 and is projected to grow significantly due to increasing protein intake by bodybuilders and sports athletes.11

Market

The global sports nutrition market was valued at $28.37 billion in 2016 and is expected to reach $45.27 billion by 2022.9

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