

# SUPPLEMENTS

BY DRIVEN NUTRITION

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## PROTEIN

It's important to get enough protein. Your body literally can't create new muscle without it. Resistance exercises in functional fitness turn on your body's muscle protein synthesis mechanism (mTOR). Intense workouts shred muscle fibers, and your body wants to repair that damage as soon as possible. Additionally, protein can help you manage your weight and body composition as well as enhance immune function and exercise recovery.

## BCAA'S

You can get BCAAs from animal proteins like chicken, beef and fish, but your body has to digest those whole foods and break them down to the molecular level to make the BCAAs available in your bloodstream. The fast-acting BCAAs in Amino are immediately available to your muscles because they totally bypass the digestive process. When you supplement with Amino, the pure, clean blend of ready-to-use aminos are absorbed quickly and directly, giving you a virtually "instant-on" switch for muscle building.



## GREENS



The concentrated phytonutrient greens and berry extracts in BnG™ is a micronutrient dense formula rich in concentrated greens, organic berries, probiotics, and digestive enzymes. A healthy gut makes a healthy athlete. The probiotics and digestive enzymes found in BnG™ promote not only the absorption and digestion of the nutrients in this formula but support all of your macro and micronutrient assimilation from your diet, making your body a recovery machine. Gut health and immune response are closely related, daily digestive support is crucial to the recovery needs of the hard-working athlete.

## MULTIVITAMIN

The DN daily multivitamins are precision designed formulas that address the critical needs of the active male and female body. His and Hers provide an ideal blend of vitamins and minerals key to energy metabolism and nutrient breakdown, with added antioxidants, prostate support (for men), and hormone support (for women) along with a digestive enzyme blend. This comprehensive formula includes 100% or more of your recommended daily value of twelve key vitamins and minerals, plus other vital nutrients to keep you healthy and active.



## OMEGA 3



DN's Omega Drive™ mega potency fish oil is derived from single-source freshwater salmon, then purified and combined with natural Sesame Oil and Vitamin E for shelf stability, and a drop of pure lemon oil for taste. Your fish oil supplement shouldn't smell like fish—and neither should your breath. That simply means the fish oil has gone rancid. Fish oil supplements have been clinically proven effective in helping relieve joint pain, strengthen bones, reduce inflammation, improve mood and relieve fatigue: all vital to helping you work out at full intensity and recover quickly. Omega Drive™ fish oil also provides essential fats that are useful for both fat loss and muscle-building routines.

## STARTER STACK



## VEGAN STARTER STACK

## MAIN SITE

