



Press release

Nutritional supplements: an essential part of the training plan for competitive athletes

How supplements can help athletes maximize their performance

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In high-performance sport, every detail counts – and nutrition is at the center of attention. Food supplements have established themselves as valuable components in athletes' nutrition plans to support physical performance, recovery and general health.

Competitive athletes regularly subject their bodies to high levels of stress that go beyond what the average person experiences. This leads to an increased need for nutrients that cannot always be met by food alone. This is where dietary supplements offer a practical solution to ensure that the body receives all the macro and micronutrients it needs to function at the highest level.

Proteins and amino acids are the building blocks of muscle recovery and development. Supplements such as whey protein, essential amino acids and BCAAs (branched-chain amino acids) can help to promote muscle growth and shorten recovery time after training. These supplements are especially

beneficial after intense workouts when the body needs nutrients quickly to repair and rebuild.

Creatine is another popular supplement that can improve performance during high-intensity, short-duration activities such as sprinting and weightlifting. It increases the availability of ATP, the primary energy source for muscle contractions, and can therefore contribute to an increase in strength and muscle mass.

Omega-3 fatty acids, which are found in fish oil, are known for their anti-inflammatory properties and can promote heart health. For athletes, this is equally important to support cardiovascular and joint health.

Vitamins and minerals also play a crucial role in numerous metabolic processes. Vitamin D is important for bone health and muscle strength, while iron supports oxygen transport in the blood, which is particularly important for endurance athletes. Antioxidants such as vitamins C and E help to protect cells from free radical damage that can occur during intense physical activity.

Hydration is another critical aspect of performance, and electrolyte replacement products can help maintain the balance of fluids and electrolytes that can be disrupted by sweating. This is especially important during long or intense training sessions and competitions.

However, it is important to emphasize that supplements should be used with caution and with the athlete's individual needs and goals in mind. The quality of the products is crucial and athletes should be careful to choose supplements from reputable manufacturers to ensure the purity and safety of the products.

In cooperation with therapists and sports physicians, competitive athletes can develop a supplementation plan that optimally complements their diet and enables them to maximize their performance and achieve their athletic goals.

MITOcare, as a manufacturer of complex nutritional supplements, works together with many well-known competitive athletes and sports institutions and can therefore look back on many years of experience in supplementation in top-class sport. Especially in the area of purity and

safety, MITOcare products are leading in sports, which is also underlined by the inclusion of the most important sports supplements on the Cologne List, which offers competitive athletes support in finding products that are free from any risk of doping. More information on MITOcare's sports cooperations can be found at <https://mitocare.de/pages/mitocare-kooperationen>. For further information, please contact sport@mitocare.de.



Dietary supplements can help athletes maximize their performance
(Source: Pexels / Boom)

About MITOcare

"Everyone deserves to be healthy".

This is the claim of MITOcare, the innovation driver in the micronutrient sector. Our wide range of bioactive substances and natural products has been developed together with doctors and is constantly being optimized according to the latest scientific findings.

Our production takes place in the DACH region and thus contributes to sustainable management. With our natural, plant-based capsule shells and, above all, with our bioavailable ingredients.

MITOcare was founded in 2013. The company is based in Munich and currently employs 47 people. MITOcare is a member of the Association of Medium-Sized European Manufacturers and Distributors of Food Supplements & Health Products (NEM).

Further information about our company, our philosophy and our products can be found at www.mitocare.de.

Press contact

Hans W. Friede

Senior Manager PR & Communications

Phone +49 89 2488163345

hans.friede@mitocare.de