

## Nutritional Supplement Advice

We wanted to explain why nutritional supplementation is so important with supporting your body.

### Protein Powders

Protein is an important part of a healthy diet. Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source.

To make adding protein to your meals easier, we recommend adding protein powders to yogurts, porridge, soups and stews or made into protein shakes and smoothies. Protein powders can be useful for vegetarians and vegans who have limited protein options.

### Omega 3

We recommend adding an omega 3 supplement to your regime. Omega 3 is a wonder supplement that is important for

- balancing blood sugars
- supports hormones and alleviates menstrual pain
- improve sleep
- responsible for the health of cell membranes including skin
- improve bone strength and joint health
- supporting immune function and managing inflammation
- supports healthy cholesterol
- feeds and supports the gut microbiome
- reduces anxiety



It is important to buy a good quality, fresh full spectrum omega-3 supplement to get maximum benefit.

[Click here to find the best Omega 3 and Protein Powder for you.](#)