

# Sport Max Gold

DIETARY SUPPLEMENT



Athletic performance is largely determined by talent combined with a carefully designed training programme. However, the role of nutrition in sporting achievements should not be underestimated. After all, taking part in sport can place high demands on the body. If an athlete's basic diet is good, supplementation may be considered in the form of sports foods or supplements. It is important that supplements are carefully tailored to the diet and particular needs of the athlete.

Sport Max Gold has been developed for use in professional sports and other forms of intense physical exercise. Several ingredients in this formula have been added with the body of a professional athlete in mind. This also makes Sport Max Gold suitable for use as a high-quality supplement for avid recreational athletes.

## Antioxidants and sport

Oxidative stress increases with strenuous physical exercise. This leads to an increase in the production of free radicals in the body. Antioxidants can 'capture' free radicals. In this way, antioxidants can help protect healthy cells and tissues in the body from free radicals. It is important to eat a wide range of fruits and vegetables in sufficient quantities in order to obtain many different antioxidants. Sport Max Gold can be used to supplement the antioxidants in your diet.

An important principle of Sport Max Gold is that it has to protect the body against free radicals, which is achieved by adding the antioxidants vitamin C and ViNitrox as a source of polyphenols from grapes. These antioxidants help to capture free radicals in cells during an intensive training period.

## Energy metabolism

During intensive training, your energy production is running at full speed. Sport Max Gold contains vitamins B1 and C and the minerals magnesium and iron that benefit energy metabolism. These micronutrients help to activate the natural energy in the body. In addition, chromium has been added to this formula. Chromium supports the conversion of proteins, fats, and carbohydrates into energy and also helps to maintain normal blood sugar levels.

Other ingredients in Sport Max Gold are also valuable for dedicated athletes. For example, magnesium helps to keep muscles supple. Iron is a mineral that aids the effective transport of oxygen in the body. This property is particularly beneficial for endurance athletes.

It is well known that vitamin C supports the immune system. To provide even greater support for the athlete's natural defence system, vitamin D has also been added to Sport Max Gold.

ViNitrox™ is a patented ingredient. It consists of 84% polyphenols from grapes. These polyphenols have antioxidant properties and help to protect the body from free radicals.

## NZVT Certified

Sport Max Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Sport Max Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

## Special ingredients

ViNitrox™  
BioPerine™

## Additional information

This product does not contain any known allergens and is suitable for vegetarians.

## Recommended use

Take two capsules a day with plenty of water, at least 20 minutes before training. A healthy diet and adequate training form the basis.

## Health Claims

- Patented ingredient ViNitrox™
- Contains polyphenols from grapes and apple
- Contains iron, supports normal oxygen transport
- Contains the antioxidant vitamin C
- Ideal during periods of intensive training and competitions

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Composition per daily dose (two vegetarian capsules)			
Ingredient	Quantity	% RI	Compound
Vitamin B1	6 mg	546	
Vitamin C (as ascorbic acid)	40 mg	50	
Vitamin D3 – Quali®-D (as cholecalciferol)	10 mcg	100	
Chromium as picolinate	120 mcg	300	
Iron as fumarate	8 mg	57	
Magnesium as citrate	110 mg	31	
ViNitrox™	500 mg	*	
Pine bark extract 95% OPC	270 mg	*	
BioPerine™	4 mg	*	
RI = Reference intake / * RI not determined			

“ViNitrox™ is a trademark of BioSerae Laboratoires SAS”

“BioPerine® is a trademark of Sabinsa Corporation”



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Sport Max Gold is a specially combined dietary supplement that consists of a mix of vitamins, minerals, and plant extracts to boost energy metabolism and to protect healthy cells and tissues in the body against oxidative stress caused by strenuous physical exertion.

Below is an overview of the most important properties and effects of the individual vitamins, minerals, and plant extracts, some of which are patented:

- Vitamin B1, vitamin C, manganese, and iron support energy metabolism and help to release energy from food.
- Magnesium boosts energy metabolism, is important for normal muscle functioning, and helps to maintain a normal water and mineral balance in the body.
- Chromium helps to maintain normal blood sugar levels and contributes to energy metabolism.
- The antioxidants vitamin C, pine bark extract, and ViNitrox (polyphenols from apple and grape seed extract) contribute to the protection of cells against oxidative stress.

## ViNitrox

ViNitrox is a patented ingredient that consists of apple and grape seed extract. Since these polyphenols increase nitric oxide production, they have a widening effect on blood vessels. As this improves the supply of oxygen to the muscles, it has a positive effect on muscle strength and the length of time a maximum effort can be sustained (Deley, 2017).

## BioPerine

This is a patented black pepper extract that increases and optimizes the absorption of active ingredients in Sport Max Gold.

## Who can benefit from it?

Athletes participating in competitions and also keen recreational athletes

## When should it be used?

During competitions, tournaments, or other events in which you want to optimize your performance.

## Recommended use

- Start with one to two capsules during intensive training. See how effective the product is. This can then be increased to the recommended dose;
- take 20 minutes before exercise (according to the innovation team).



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