

e'Pap for Athletes



As an athlete, you want to create the perfect conditions for your body to perform and thrive. Nutrition for athletes depend on the type of sport and amount of training you do, as well as the time spent in training – there is no “one size fits all”.

e'Pap can be a beneficial daily meal for all athletes for many reasons! Some of our ingredients have even been tested in athletes and their performance.

e'Pap is tailored for the body to be able to absorb and use the nutrients offered.

Minerals are added in a specific form for this reason. Iron, Zinc, and Copper in this special form has shown to be more effective in improving aerobic exercise performance in young adult women, than the same mixture using generic minerals. The same iron proved to be superior to ferrous sulphate, the most common used iron oral treatment, in addressing iron deficiency in adult, female recreational runners.

Even more reason to support your body with e'Pap!

Benefits e'Pap can have for athletes:

Energy conversion:

Thiamine, Riboflavin, Niacin, Folate, Biotin, Manganese, Iodine, Vitamin B6, B12, C are ready to support energy production.

Psychological function:

Psychological functioning is important to keep a positive mind-set. For psychological support: Niacin, Thiamine, Vitamin B6, B12, C, Biotin, Folate.

Blood system support:

Blood plays the important role of carrying oxygen and nutrients to the muscles to perform. For Blood system support: Riboflavin, Vitamin B6, Folate, Vitamin B12, vitamin C and Iron

Bones:

Bones take strain in strenuous exercise. e'Pap can support Bones through vitamin D, C, Zinc, Manganese and Copper.

Immune system:

To ensure top health on game days, e'Pap provide immune system support through Vitamin A, B6, B12, C, D, E, Folate, Iron, Zinc, Copper, and Selenium.

Fatigue:

To combat Fatigue in busy training schedules, Riboflavin, Niacin, Vitamin B6, B12, C, Folate and Iron are there to support.

Healing:

Healing after performance is supported by Folate and nucleotides. Muscles are also supported by Vitamin D and High Protein.

Joint maintenance:

To support connective tissue and joint maintenance, e'Pap is high in Vitamin C, Manganese and Copper.

Blood glucose levels:

Chromium support normal Blood glucose levels to ensure sustained energy release during training and activity.

Being an athlete means that what you eat is as important as when you eat it.

e'Pap may be the perfect pre-game meal (around 3 hours before race/game/performance) as it has an intermediate GI. This means that some energy is released quickly, and some energy is released slowly, ensuring some energy release during performance as well.

1. DiSilvestro, R. et al., 2017. Enhanced aerobic exercise performance in women by a combination of three mineral Chelates plus two conditionally essential nutrients. *J Int. Soc. Sports Nutr.*, 14(42).
2. DiSilvestro, R., Joseph, E., Diehl, J. & Swain, C., 2020. Ferritin readings in young adult, female university student recreational runners. *J Trace Elem Med Biol.*, Volume 62, p. 126617.