

Nutrients for Muscle Health & Fitness



50 ng/ml (125 nmol/L)
VITAMIN D LEVEL FOR
MUSCULOSKELETAL HEALTH

Vitamin D

Helps build skeletal and bone tissue, maintain bone health, support fast-twitch muscle fibers, and decrease post-exercise inflammation and muscle damage.

(Zebrowska et al. (2020))

~90% of US Adults have Vitamin D Levels Below 40 ng/ml (100 nmol/L)



53% Lower
Post-Exercise Muscle Soreness

Magnesium

Shown to decrease muscle soreness and post-exercise pain, lower levels of post-exercise inflammation, may lead to faster run times.

(Stewart et al. (2019))

~45% of US Adults do not get enough Magnesium



9.1% Increase
IN MUSCLE STRENGTH

Omega-3s

Help increase grip strength, prevent loss of muscle strength, maintain range of motion and muscle quality, lessen delayed onset muscle soreness, increase muscle circumference, and reduce inflammation.

(Tsuchiya et al. (2019), Nielsen et al. (2022))

~80-90% of US Adults do not get enough Omega-3s

Are you getting enough?

Make sure you're getting enough of these nutrients by measuring at home with the Fitness Focused Test Kit.



GastroDoxs
defenders of the digestive system