



## For sporty types - train harder, recover faster

There is substantial evidence that over-training (or a large increase in training load and/or a major effort, such as racing a marathon) depresses the immune system. It is well documented that endurance athletes have a higher incidence of colds and other upper respiratory infections as a result.

Prof. Lars McNaughton reported from his immunity and stress study with NuCell®IM, with sportsmen at Bath University; "Nucleotide supplementation, using this concentrated and purified formula, strengthened the immune system, leading to fewer colds and upper respiratory infections, and it lowered the hormonal reaction to stress, meaning lower levels of cortisol."

This work suggests that a dietary nucleotide supplement may offset the hormonal response associated with demanding endurance activity. Specifically, the body's reaction to the stress of training may be lessened. The implications are that nucleotide supplementation strengthens the immune system, leading to fewer colds and upper respiratory infections, and that it lowers the hormonal reaction to stress, meaning lower levels of cortisol during and after exercise, and thus to less tissue damage, which in turn permits faster recovery.

Additionally, the participants, who were generally healthy sportsmen, reported:

- Increased feelings of well-being and better appetites
- Reduced mood swings
- Fewer symptoms of cold and flu
- Enables better quality and longer night's sleep (an average of one hour extra per night)

Nucleotides are nutritional substances found in every living cell of the body. They help the body to respond rapidly during times of stress and when it is challenged by infection or disease. Nutritional consultant Nigel Denby comments: "A strong immune system is important to help us fight infection. NuCell®IM contains concentrated forms of nucleotides helping to boost our bodies' levels which we may not be getting from our diet."

Nucleotides are commonly found in offal, yeast extracts, fungi, lean meat and fish. Unfortunately, today's increased intake of processed foods, with reduced amounts of lean meat, and restricted dietary regimes and fads, often leave a deficiency in our diet.