

Youth Fueling: Nutrition Manual for Sports Performance

The Top 10 Performance Enhancing Supplements for the Youth Athlete

Quantified Nutrition Sport Drink (*Section 1.1*)

This is our number one option! We have had great experience with all of our athletes at every age. Provides a great energy source and is very easy on the stomach during digestion

Curcumin

[Vitamin C](#)

Fish Oil or Krill Oil (*Section 2.2*)

Zinc & Magnesium

Vitamin K2 and Vitamin D

Protein and Collagen Powder

Essential Amino Acids or BCAAs

Super Foods: Freeze Dried Vegetable or Fruit Powder

Creatine (*Advised for athletes 16 and older, Section 5.0*)

To view section and purchase **Youth Fueling: Nutrition Manual for Sports Performance** in its entirety visit:

<http://store.xlathlete.com/product-p/youthnutrition.htm>

**Table 5.0*