

LIQUEFIED PERFORMANCE

Liquid vitamins and minerals do nothing to solidify your strength



Original Research
Fry, A., et al. Effect of a liquid multivitamin/mineral supplement on anaerobic exercise performance. *Research in Sports Medicine* 14:53-64, 2006.

IF YOU WANT A HUGE SQUAT LIKE THIS, DON'T COUNT ON LIQUID VITAMINS AND MINERALS TO ADD PLATES TO THE BAR.

No doubt, if your diet was deficient in vitamins and minerals, you would have a hard time living, let alone lifting weights or performing any other physical activities. Supplement manufacturers have cashed in on this true notion by suggesting that you do not receive all the vitamins and minerals required for life, or enough of them, through your diet. However, although the need for the daily recommended values is well established, research has not been able to support the contention that micronutrients (vitamins and minerals) improve sports performance. But several supplement manufacturers now claim that due to the enhanced nutrient absorption capabilities of the liquefied micronutrients they offer, their supplements also have greater sports performance-enhancing capabilities. Not so!

Power Key: vitamins, minerals, strength gain, ergogenic aid