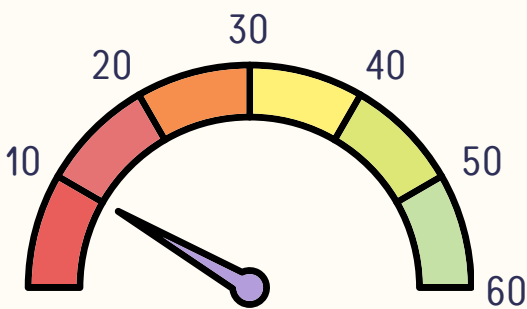




# NUTRIENTS FOR MUSCLE HEALTH & FITNESS

Research shows...



**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)**

## Magnesium

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

Steward et al. (2019)



**53% Lower**  
POST-EXERCISE MUSCLE  
SORENESS

**~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, reduce inflammation

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

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

## Are you getting enough?

Make sure you are getting enough of each of these by measuring at-home with the Fitness Focused blood spot test kit!



For more info or to test, go to [grassrootshealth.net/fitness](https://grassrootshealth.net/fitness)