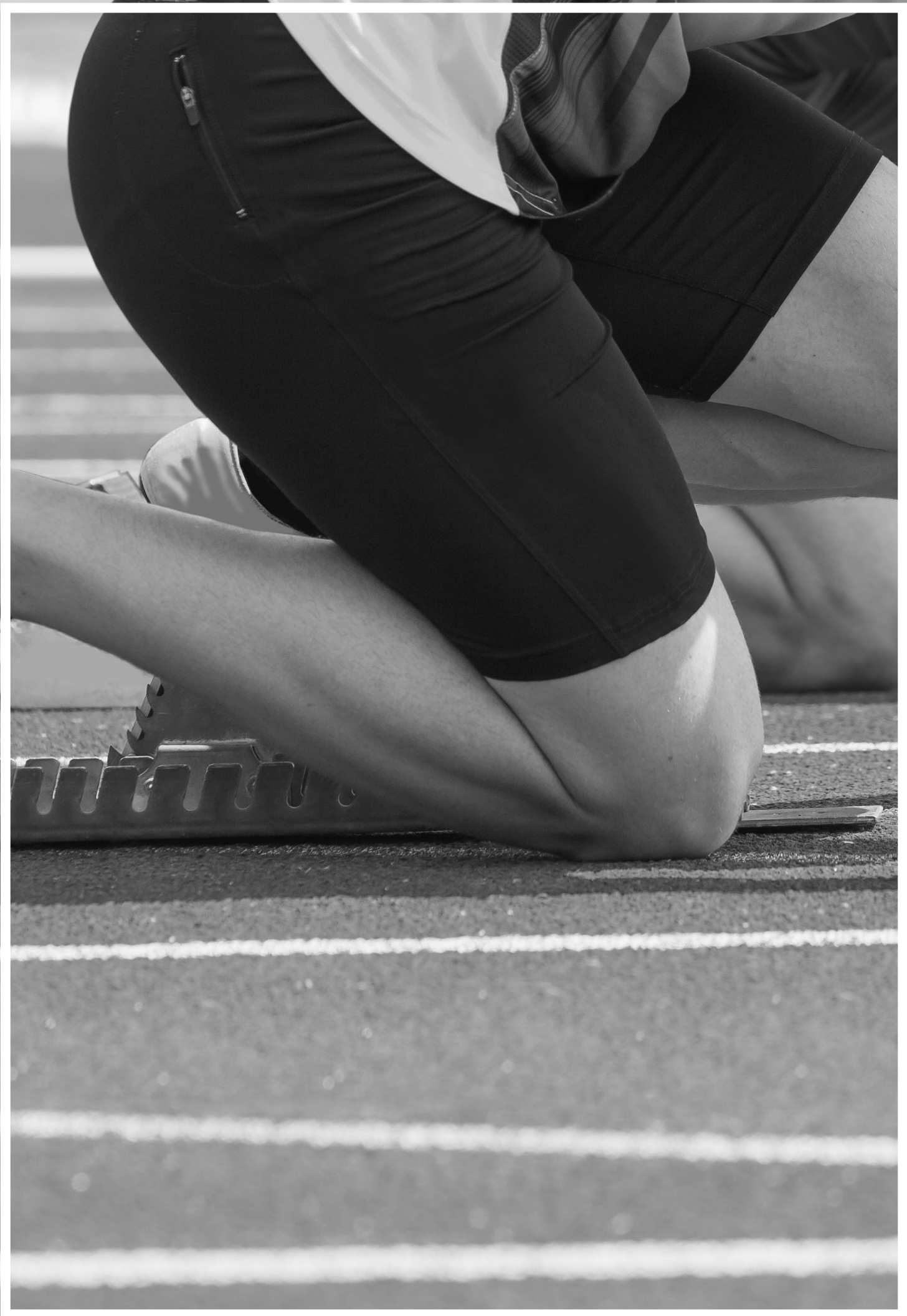




Nutrition X | Consultancy

Enhancing Professional
Sport Through Education,
Quality & Safety





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Who are we?



Founded on the principals of our celebrated food-first approach to sports nutrition, The Nutrition X Consultancy is a full-service sports nutrition consultancy run by a world-leading panel of sports and performance nutritionists, created by the team behind sports supplement brand Nutrition X.

Employing a holistic approach to performance nutrition, we specialise in supplying clubs, athletes and individuals with a range of services designed to support and boost athletic performance. From improving nutritional understanding through expert-led educational seminars and undertaking body composition analysis, to designing nutrition strategies with specific goals in mind and offering regular one-to-one advice sessions, we take athletes through every step of the nutrition process to help them reach their optimum performance.

Our team of experts are the driving force behind our consultancy alongside founder James Markey. Led by Professor Don MacLaren, Emeritus Professor of Sports Nutrition at Liverpool John Moores University, we've scoured the country to put together a world-leading team of highly experienced sports nutritionists; experts in performance nutrition across a wide range of sporting disciplines.

An expert-led one-stop-shop for nutrition advice, education, performance analysis, supplements and diet planning, The Nutrition X Consultancy aims to be the number one choice for sports and performance nutrition support to clubs and athletes across the UK.

Clubs

We work with a variety of top-level clubs across the UK to offer nutritional support to those working within a range of sporting disciplines, including Rugby Union, Rugby League, Cricket, Football and Athletics.

Performance Nutrition Talks and Seminars

Understanding nutrition and its effect on the body is key to maximising performance. Our expert team of sports and performance nutritionists are able to visit your club to deliver educational seminars on a wide-range of topics related to fuelling performance, from pre-match nutrition strategies, to understanding the effect of particular supplements on the body.

Body Composition Analysis

Using the latest in scientific tools and methods, our Body Composition Analysis testing gives athletes a thorough insight into their physical make-up, establishing physical health, potential performance limitations and muscle vs fat percentage.

Hydration Testing

Proper hydration is vital for maximising performance, both during training and competition. Our Hydration Testing service establishes hydration levels within the body, identifying areas for improvement and informing the necessary solutions needed.

Nutrition Strategies

Taking physical and performance goals into account, our team of performance nutritionists will work closely with coaches, players and athletes alike to develop detailed yet easy-to-follow nutrition strategies, designed specifically to aid performance and physical development.

Menu and Supplement Plans

For those looking for in-depth support as part of their nutrition strategy, our experts can also develop personalised menu and supplement plans. Tailored to the individual with specific physical and performance goals in mind, our detailed plans include macro-nutrient breakdowns, suggested foods, specific recipes, daily menus, meal schedules, periodised nutrition plans and supplement intake recommendations.

One-to-One Advice Sessions

We understand that a one-size-fits-all approach to nutrition doesn't work. Our sports and performance nutritionists can therefore offer one-to-one advice sessions with players and athletes, establishing their specific requirements in order to create nutrition strategies, menu and supplement plans that work for them.

Sweat Testing

We believe that multiple patches during realistic exercise is the best way to assess sweat sodium losses and sweat rate. There are big differences in sweat sodium losses on different sites of the body as well as differences in sweat rate. For example, the back usually sweats more and has a more concentrated sweat sodium loss. Knowing sweat rate during exercise is just as important, if not more than sweat sodium. We want to match sodium and fluid losses so we must assess both.

Individuals

Our sports nutrition services aren't just available to clubs. Our team of performance nutrition experts regularly work with individuals at professional, amateur and recreational levels to help them optimise their sporting performance.

Initial In-Depth Consultation

Our individual nutritional support services start with an initial in-depth consultation; a detailed one-to-one session with one of our leading sports nutritionists, establishing your performance goals, physical health and reviewing your current nutrition strategies.

Comprehensive Diet and Nutritional Needs Analysis

Following on from an in-depth consultation, our nutritional experts will undertake a comprehensive diet and nutritional needs analysis; establishing your dietary requirements according to your goals including macronutrient breakdown, hydration, supplementation recommendations and meal scheduling.

Personalised Nutrition Manual and Menu Planning

Personalised nutrition manuals put together by our nutritionists offer an easy-to-follow guide to achieving your physical goals. In these, you'll find a detailed breakdown of recommended foods, calorific intake, daily macronutrient breakdown, meal planning and suggested recipes, as well as a food diary for you to fill in.

Weekly Progress Check-Ins

Our individual nutritional support services mean that you'll never have to tackle this alone. Our team of experts will be on-hand to support you every step of the way, scheduling in weekly progress check-ins to ensure you stay on track.

Unlimited Direct Support

Our online services also mean that you'll always have an expert on-hand to talk to when you need. We offer unlimited phone, email and instant-messaging support as and when you need it, giving you direct access to our team of experts throughout your journey to answer any questions you have.

Monthly 60-Minute Consultation

Each month, our nutritionists will provide an hour-long follow-up consultation, reviewing your progress, meal plans, physical and performance goals, making sure your nutrition strategy is working as effectively as possible for you.



Professor Don Maclaren
Head Nutritionist

With an impressive career spanning over 35 years in sports nutrition, Don currently holds the position of The Nutrition X Consultancy's Head Nutritionist, as well as Emeritus Professor of Sports Nutrition at Liverpool John Moores University. Working as a nutrition consultant to numerous top-tier and premiership level clubs across the UK, Don heads up our expert team of sports and performance nutritionists.



Professor Graeme L. Close
Scientific Advisor

A former professional Rugby League player, Graeme is programme leader for the MSc in Sport Nutrition at Liverpool John Moores University and the only person in the world accredited with the UKSCA, BASES and SENr qualifications. Acting as Nutrition X's scientific advisor, Graeme has worked as a nutrition consultant to numerous international teams and world-leading athletes, including England Rugby and Johanna Konta.



James Hudson
Performance Nutritionist

SEnr-accredited, James is a former professional Rugby Union player with a 15-year career playing for Bath Rugby, London Irish, Newcastle Falcons and Gloucester Rugby. A UK Anti-Doping Accredited Advisor, James has now turned his elite athletic expertise to nutrition, translating the scientific theory of sports nutrition into clear, useable information to guide fellow athletes.



Danny Webber
Performance Nutritionist

SENr-accredited and an ISAK-accredited anthropometrist, Danny specialises in delivering evidence-based nutrition practises to maximise athletic performance. A UK Anti-Doping Accredited Advisor, Danny has worked with numerous top-level sports clubs and athletes to deliver nutrition strategies and support, including Shrewsbury Town FC, Table Tennis England, Newcastle Falcons RFU and Cheshire Phoenix Basketball Club.



Susan Hunter
Performance Nutritionist

Susan joins the Nutrition X Consultancy team with a wealth of experience and expertise, currently working with the likes of the Scottish Rugby Union, Scottish Football Association and Horse Scotland, to name just a few. A SENr and ISAK-accredited clinical and sports dietician, Susan specialises in delivering and implementing evidence-based sports and clinical nutrition strategies in order to maximise health and athletic performance. On top of her work with top-tier athletes and sports associations, Susan works as a UK Anti-Doping Advisor, passionate about the promotion of education when it comes to encouraging clean sport at all levels.



London Irish



Our Athletes



Andy White, Head of Physical Performance at Kilmarnock FC

"We chose Nutrition X due to their bespoke service and additional support through Professor Don Maclaren. Don was extremely supportive through both preseason and during the season, offering us as practitioners and our players advice. He provided our first team and U20 players seminars focused on eating for performance and for changing body composition – these were very well received and provided a wide range of information. In addition to this he helped three of our long term injured players to adjust their diet to alter their body composition and help support healing, this was something new for them and made a big difference to their rehab."



Thomas Gardner, coach of Henley Hawks RFC

"As a coach of Henley Hawks RFC, the partnership with Nutrition X has assisted the club to increase individual and team performances in a semi-professional environment, achieving our best National League finish in 4 seasons. Having the provision of supplements from Nutrition X and the professional guidance and support of Performance Nutrition Consultant Danny Webber"



Hong Kong football association's head of sports science and conditioning

"I personally have used Nutrition X supplements with teams and athletes for upwards of 10 years. The personal approach to their service, the high quality backroom staff they have, their ability to listen to any needs of the clients and upmost the sheer trust I can have in the products that gives myself and the player's complete peace of mind are the reasons we have and we will continue to use Nutrition X for our supplement needs and performance on the pitch."



Contact Us

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