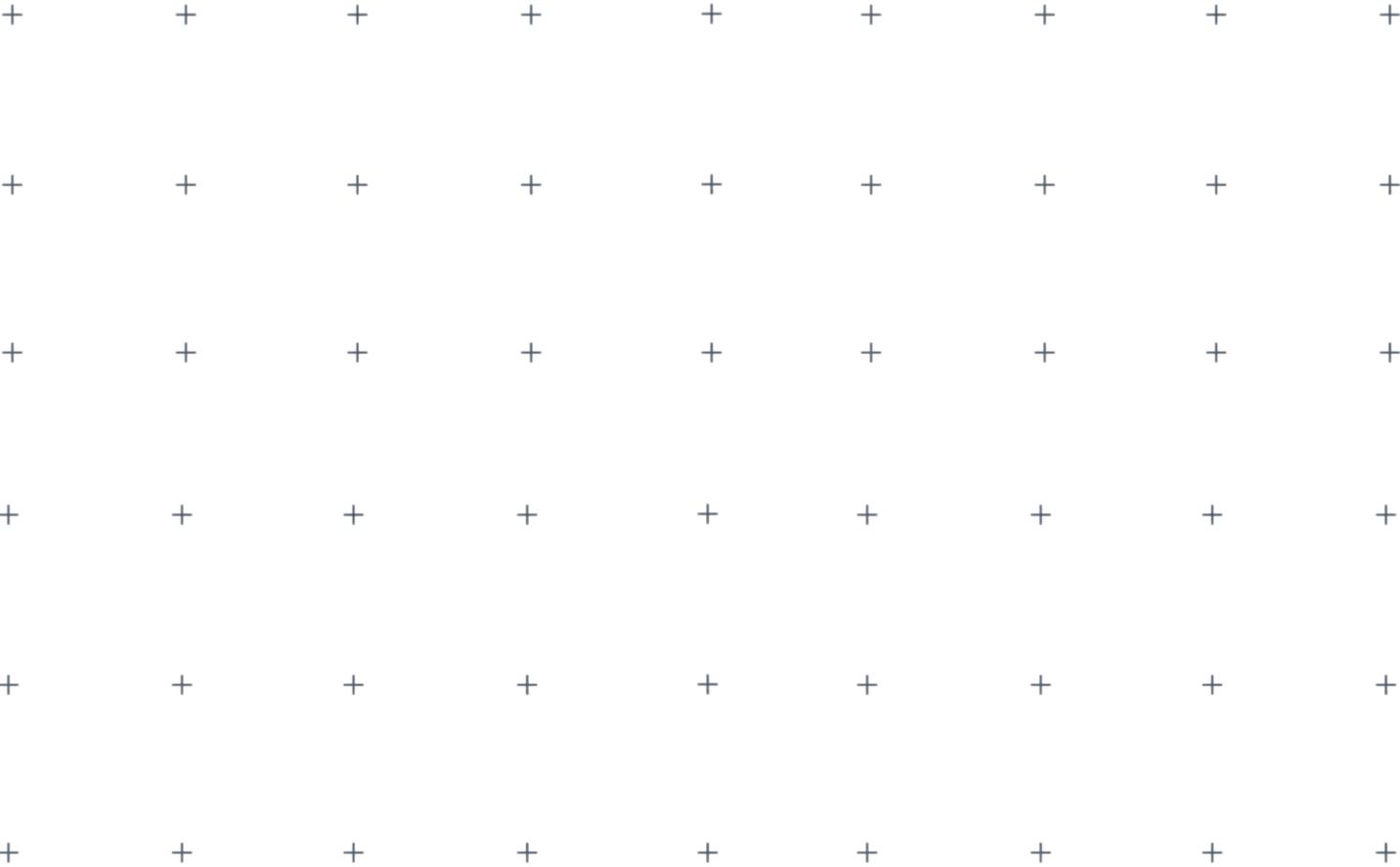


NUTRITION X CONSULTANCY

**Enhancing professional sport through education,
quality and safety.**



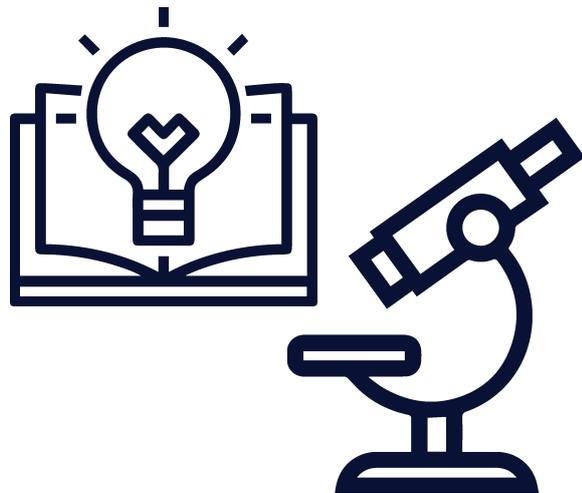
OUR PHILOSOPHY

At Nutrition X, we enhance sports performance through the translation of science to practice. Our goal is to see a wide-spread behavioural change across the sports nutrition market, where education and safe supplementation is championed, protecting both athletes and the industry as a whole.

Our specialist consultancy service has been designed by our team of experts with the professional club and athlete in mind. We encourage and support education at every level of sport because we know the impact that the correct knowledge, and the correct tools to put it into action, has on performance.

Inside you will find...

- 1) Practitioner Overview
- 2) Offsite Services
- 3) Onsite Services
- 4) Contact



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PRACTITIONER OVERVIEW

We work with world leaders in the realm of sports nutrition and performance, with our practitioners boasting a wide range of experience across multiple disciplines. Through their knowledge, we are proud to offer a service that translates science to practice, enhancing performance and results.

Our Experts



Professor Graeme L. Close



Owen Woodley



James Hudson



Jasmine Campbell



Vicky Newbold



Danny Webber



Beth Cragg

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OFF-SITE CONSULTANCY SERVICE

Whilst all our services are offered on-site, we appreciate that, now more than ever, clubs and athletes require off-site support.

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 can deliver educational seminars on a wide range of topics related to fuelling performance, from pre-match nutrition strategies, to understanding the effects of supplementation on the body. Available both online and in-person.

Athlete & Club Nutritional Strategies

Taking the athlete's goals into account, our team of performance nutritionists will develop detailed yet easy-to-follow nutrition strategies, designed specifically to aid performance and physical development. For example:



Fuelling for Match Day



Injury Nutrition



Match Day Nutrition



Recovery Nutrition



Nutrition for Fat Loss

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Supplement Plans

We are proud of our food-first approach to sports nutrition, however, we appreciate that this approach may not always be available or convenient. Our supplement plans can be tailored to the individual with specific physical and performance goals in mind. For example:

1) Winter Supplementation

2) Match Day Supplementation

3) Injury Supplements

Menu Planning

For those looking for in-depth support as part of their nutrition strategy, our experts can also develop menus with suggested foods, specific recipes and meal schedules for the training ground, match days and overnight stays (for away games).

Periodised Nutrition Plans

We understand that a one-size-fits-all approach to nutrition doesn't work. Our performance nutritionists can therefore offer plans tailored to the individual with specific physical and performance goals in mind. These plans include macro-nutrient targets and suggested foods (and / or specific recipes) implemented into a periodised nutrition strategy to help athletes fuel for their individual workload.

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ON-SITE CONSULTANCY SERVICE

Whilst our team of experts are incredibly skilled, there are some aspects to the service that can only be offered in-person.

Body Composition Analysis

Using the valid and reliable method of skinfold analysis, our ISAK-qualified practitioners can provide your athlete(s) with a thorough insight into their body composition including sum of 8, estimated body fat % and muscle mass.

Hydration Testing

Adequate hydration is essential for maximising performance, both during training and competition. Using a portable osmometer, we can use a urine sample to establish hydration levels within the body; quickly identifying any areas for improvement.

Match Day Support

Match days can be hectic and good nutrition can often get lost in the chaos. Pre-game and half-time nutrition can make a huge contribution to a team's performance and post-game nutrition can influence the next fixture. There are limited windows of opportunity to maximise nutrition, but often there is not enough time for staff to take advantage of this. To help negate these challenges, we offer match day support, ensuring that players receive the best possible nutrition to aid with performance and support the start of the recovery process.

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Contact Us



Tel: +44(0) 1452 886198



consultancy@nutritionx.co.uk

Our consultancy service is available at an agreed day-rate, dependent on your club's personalised requirements. Our team of consultants are proud to work on a flexible basis, supporting and maximising club performance with as much, or as little expertise required.

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