

Tishk International University
Faculty of Applied Sciences
Nutrition and Dietetics Department
Principles Of Food Science



WEIDER, EXERCISE, SPORTS NUTRITION

Main Supplements

Increase Pure Creatine (Weider):

- Increases strength, power, and muscle size.
- Take 3–5 g daily.



EAA (Essential Amino Acids)

- Helps muscle recovery and repair
- How it works: Provides building blocks for protein
- Use: Before/during workout



Thanos Infinity Pump (Pre-Workout .

What it is: Pre-workout mix (caffeine + amino acids)

- Boosts energy, focus, and muscle pump
- How it works: Improves blood flow and alertness
- Use: 20–30 min before workout
- Contains caffeine → don't take at night



Ashwagandha :

- A natural herb that helps reduce stress, improve strength, and support recovery.



Weider Victory Endurance Recovery Bar

is a post-workout protein snack that helps muscle recovery and energy replenishment.

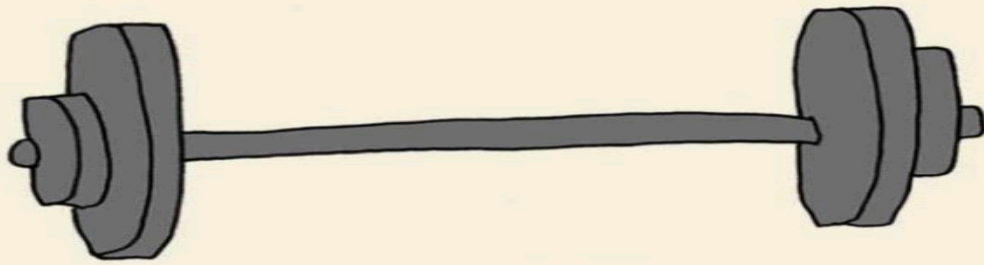
It's tasty and convenient, but contains some sugar and fat.



Conclusion

Joe Weider helped build the supplement industry
Exercise + nutrition + smart supplements = best results
Keep it simple and consistent

Weider supplements help improve performance: Creatine for strength, EAA for recovery, Pre-workout for energy, and Ashwagandha for stress reduction and overall support.



THANKS ~~TO YOU~~ .