

PREVENTION *Plus*+

DO YOU KNOW THE IMPORTANCE OF **Proper** NUTRITION IN SPORT?

How long does it
take you to
RECOVER from
Exercise?



A Quick Fix
is not a
lasting Solution

« **FUEL THE BODY FOR REPAIR** »

Pat White Martial Arts Instructor says.

Juice Plus+® bridges the gap between what we eat and what we **need** to eat practically all sports people.

Depending on the individual person Martial Arts training can be very hard and even harder if your diet is not right.

I found when first started taking Juice Plus+® I notice my energy levels increasing but the big plus for me was that my recovery rate was excellent and I could train just as hard the next day.” (Pat White)

Those of you that started Martial Arts to lose weight Juice plus is ideal for you in helping to maintain your weight.

If you that are competing seriously on the National and International circuit I highly recommend Juice Plus, it also can be used to help you manage your weight without the loss of energy levels.

I highly recommend Juice Plus to you and your family young and old.

1. I am very proud to be involved with Juice Plus+® and I am delighted to give my Absolute Endorsement to this product.

So don't delay get started using Juice Plus ***YOU WON'T BE DISAPPOINTED.***" (Pat White.)

For more information on Juice Plus and how to get started on the product please go to www.patwhite.tk

Start your own Juice Plus Franchise

There is an opportunity here for Gym owners, Instructors/Senior Students to start your own Juice Plus Personal Franchise for more information go to www.patwhite.tk click join us on main page link to see what's involved. Then contact me Pat White at 086-8275075 patwhite@eircom.net

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