

HEALTH – QUARTERLY NUTRITION FOR GOLF & LIFE

SESSION 3 – SUPPLEMENTS (RESOURCES)



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Books

- **Hole-in-One Nutrition: A guide to fueling for better golf by Robert Yang**
 - Emphasis on hydration, whole foods, and key supplements to enhance focus, energy, and overall health on and off the course.

Articles/Links

- NSF's Certified for Sport
 - <https://www.nsf sport.com/>
- Informed Sport
 - <https://sport.wetestyoutrust.com/>
- Designs for Sport Supplements
 - <https://www.designsforhealth.com/u/robertyang>
 - Magnesium Bisglycinate
 - Omegavail Ultra
 - Creatine Monohydrate
 - Omega-3 Hi-Po
 - Vitamin D3 Pro
 - Amino Complex