



*Did you know that sports performance can be affected by your nutrition?*

Food and sports are linked, eating your best will increase your performance, reduce fatigue, and reduce the level of injuries and tears. A key point to achieve sports success without suffering physical exhaustion.

Which are the benefits of Anchovies in olive oil in your sports diet?

The anchovy provides **high protein content**, which contribute to increase and maintain muscle mass besides keeping bones in normal conditions. Proteins are essential to repair the small fibrillary breaks of the muscle that take place during sports practice and provide the substrate for a good performance in the exercise and adaptation to it.

The low saturated fat content contributes to the maintenance of normal blood cholesterol levels besides being a source of vitamin D, B2, B3, B12 that help to reduce tiredness and fatigue.

In addition, anchovy as a food of natural origin, is a source of calcium, iron, magnesium and potassium that contributes to the maintenance of bones and teeth, the maintenance of blood pressure and the normal functioning of the nervous and muscular system.



Physical activity greatly favours our health, but the intense effort that our body develops requires some help to protect the oxidative and inflammatory processes that are generated from a demanding activity.

For this reason, the **high OMEGA3 content** of anchovies is very useful, since it improves blood circulation, it exerts an anti-inflammatory action and strengthens the immune system of athletes, thus protecting their health.

Also, its anti-inflammatory effect and its power to strengthen the immune system, has been associated with a better recovery that favors the correct oxygenation of the muscles and therefore, increases performance and reduces fatigue before exercise.