

YOUR MICRONUTRIENT STARTER KIT

Explore the vitamins and minerals your body needs with this rainbow chart.

IMG ACADEMY⁺

Red and Pink



- Vitamin A
- Vitamin C
- Potassium
- Antioxidants

These vegetables repair damaged cells, lower blood pressure, and support your heart, skin, eye, and brain health.

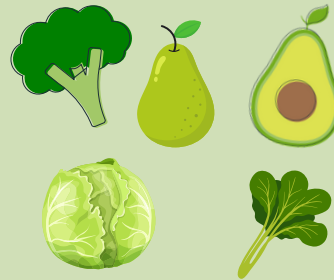
Yellow and Orange



- Vitamin A
- Vitamin C
- Potassium

These fruits and vegetables boost your immune system, protect your nervous system, and enhance your vision.

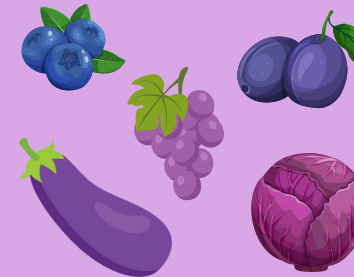
Green



- Vitamin C
- Vitamin K
- Potassium
- Folate
- Antioxidants

These fruits and vegetables build strong bones and teeth and promotes gut and heart health.

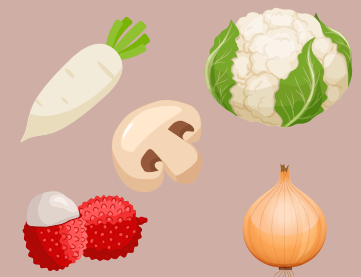
Blue and Purple



- Vitamin C
- Antioxidants
- Folate

These fruits and vegetables support cognitive, cardiovascular, eye, and urinary tract health and help repair damaged cells.

White and Brown



- Vitamin B
- Potassium
- Antioxidants

These fruits and vegetables are anti-inflammatory, keep your immune system healthy, and promote gut health.

Eat the rainbow to provide your body with a variety of micronutrients.

YOUR MICRONUTRIENT STARTER KIT

Prioritize electrolytes, iron, and B vitamins to level up your performance.

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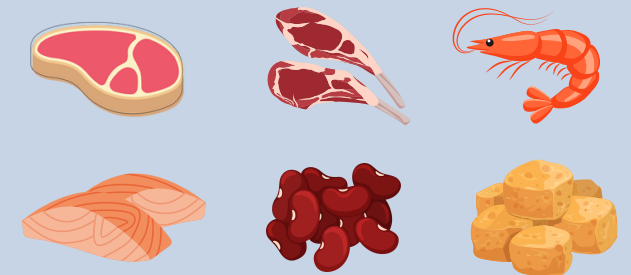
Electrolytes

Electrolytes play an important role in keeping your body optimally hydrated, your muscles contracting, and your heart beating. Sodium, potassium, calcium, and magnesium are some of the main electrolytes your body needs.



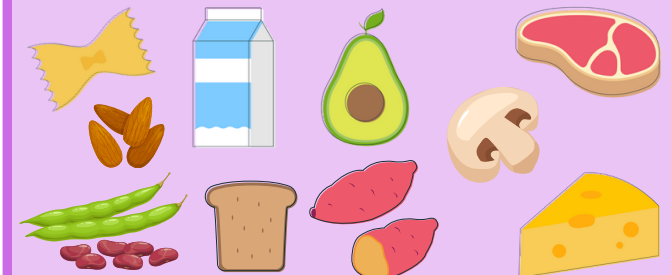
Iron

Iron transports oxygen to every cell in your body through your blood. All the different processes in your body rely on oxygen and, therefore, on iron. Without iron, your muscles won't have the necessary oxygen to power your workouts or competitions.



Vitamin B Complex

B vitamins turn the food you consume into energy. Without an adequate intake of B vitamins, especially vitamin B12, your body won't work as well as it can because you won't have enough fuel in your tank.



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Include antioxidants, calcium, and vitamin D to support your recovery process.

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Antioxidants

Antioxidants are the MVPs of muscle repair and include a variety of vitamins and minerals, such as vitamin C, vitamin A, vitamin E, zinc, manganese, copper, and beta-carotene. They contain anti-inflammatory properties and help reduce prolonged muscle soreness.



Calcium and Vitamin D

Calcium and vitamin D are mighty partners. Both play vital roles in muscle recovery and building strong bones. Vitamin D aids in calcium absorption. Boost your vitamin D intake by spending 10 to 20 minutes in the sun daily.



You can get all the micronutrients you need from the food you eat. Include a variety of foods in your nutrition plan to support your overall health, performance, and recovery.