



#nutrition & health

CLUB NUTRITION EXPERT **MATT LAWSON** OFFERS SUPPORTERS ADVICE IN STAYING HEALTHY...



WELCOME TO NOTTINGHAM EACH AND EVERY ONE OF THE STUDENTS WHO HAVE RECENTLY ARRIVED IN THE CITY. TONIGHT IS THE SECOND PART OF OUR LOOK AT MATCHDAY NUTRITION, LETTING YOU KNOW WHAT HAPPENS AT HALF-TIME AND DURING THE GAME ITSELF...

HALF-TIME

At half-time the players have a 15-minute window to recover, refuel and re-engage before the second-half. From a nutritional point of view, we encourage rehydration as soon as possible and then try to boost energy levels. Different players have different routines, for example Bartosz Bialkowski has concentration salts, Yoann Arquin likes to drink honey and Dean Leacock has drip-drop sodium during those precious minutes.

L-ARGININE DRINK

L-Arginine (L-A) is an amino acid that's so potent, scientists refer to it as the "Miracle Molecule." Our bodies convert L-A into nitric oxide, a molecule that helps

blood vessels relax and open wide for greater blood flow.

HOW IT WORKS?

Argi serves as a natural energy drink giving influx of vitamins and minerals quickly to boost energy levels:

- increasing the uptake of oxygen from the lungs into the blood, allowing players to perform better
- we want our athletes to be strong in the second-half and score late goals

DURING THE GAME

During the game itself we are looking for as many refuelling stops as possible, particularly around the 60 and 75 minute marks. This predominantly involves sports drinks, which ingress quickly into the bloodstream, but can also involve fructose gels or slow release carbohydrate in the form of something like a banana.



Administered to players during warm-up and at half-time

Research carried out recently resulted in proof that even rinsing the mouth alone with carbohydrate assists brain concentration. In football, a huge number of goals come in the last ten minutes therefore the benefits of getting this right are potentially huge. Enjoy the game.

TIME	CARBOHYDRATE	INTAKE/G	NOTES
15-30 mins	Small	0-15g/h	Water fine ✓
45 mins	Moderate	30g/h	Water + sugars + ½ banana
60 mins	Large	Up to 60g/h	Carbohydrate Drink + Mouth Rinse
75-90 mins	Large	Up to 60g/h	Fructose Gel