



### **Strength & Conditioning Coach Testimonial**

As a strength and conditioning coach in the NHL for nearly 18 years, I am a big proponent of testing high-level athletes for micronutrient deficiencies. Even though the best athletes in the world are also the most genetically gifted, we consistently see deficiencies in vitamins and minerals with many of our players. The daily rigors of training, competing, travel, and sleep deprivation can result in reductions in micronutrient health and thus decreases in performance. As a result, the need for supplementation is extremely important in a high-level athletes' ability to perform at his/her best.

For the general population who do not compete or make a living as a professional athlete, the stressors of work and life also create unhealthy conditions within the body. In addition, most of the general populations do not have daily access to the best food prepared for them as professional athletes do. Lack of sleep and nutrient deficiencies are very much prevalent among general population or the weekend warrior. As a result, I am a strong proponent of supplementing athletes and non-athletes with the highest quality of micronutrients to aid in not only performance, but quality of life.

BeGood Supplements have done a great job of researching the science surrounding micronutrient issues and the need for targeted supplementation to control things like inflammation within the body. Inflammation has been shown to be correlated with a myriad of diseases. For example, BeGood's Mineral Drops target swelling and chronic pain, something that so many adults deal with daily. From arthritis to bone health to sleep issues, BeGood Supplements are an outstanding supplement in delivering the trace minerals and vitamins needed to counteract these negative conditions.

With more than 70 minerals and 30 organic acids, BeGood Supplements are a great choice to enhance not only athletic performance, but more importantly, quality of life!

#### **Mark Nemish**

Strength & Conditioning Coach  
Washington Capitals Hockey Team