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NUTRITION'S SEVEN SINS YOU MUST AVOID!

body fuel



Antioxidant Drink Has An Effect On Speed

New findings suggest that a supplement drink could make the difference in coming in first, fifth or ninth place. Dr. Holden MacRae, professor of sports medicine at Pepperdine University, studied the effects of FRS Plus on high-intensity endurance sports athletes to determine whether the antioxidant drink has an effect on speed. The athletes - road cyclists, mountain bikers or triathletes - who had supplemented with FRS Plus for six weeks were 3.1 percent faster when using FRS Plus over a 30-kilometer course. "And when we timed the last five kilometers of the course, they were also quicker over that distance by two percent compared to the baseline time trial test," says Dr. Holden.

What does this mean to you? "At the Athens Olympics, in the 50-kilometer time trial for men in cycling, the difference between first and fifth place was a one percent performance," says Dr. Holden. The athlete who finished fifth was one percent slower than the winner.

Vitamin E Could Kill You

Do you think you're healthy? You work out and take your vitamins and supplements regularly, right? Before you start patting yourself on the back, you might want to reconsider your dose of vitamin E. It could do more harm than good.

A recent study at the Johns Hopkins University School of Medicine found that high-dose vitamin E supplements, in excess of 400 IU, are associated with a higher overall risk of death.

Vitamin E is one of the 13 vitamins essential to body metabolism, cell growth and function. It is also an antioxidant, which is important in the formation of red blood cells.

"If people are taking a multivitamin, they should make sure it contains no more than a low dose of vitamin E," says Edgar R. Miller III, MD, PhD, associate professor of medicine at the Johns Hopkins University School of Medicine.

Vitamin E capsules typically contain 400 to 800 IU, which is too much according to the study. Multivitamin pills usually contain 30 IU to 60 IU of vitamin E. And on average, the dietary intake of vitamin E is 10 IU per day.

You can get vitamin E from the following food sources: wheat germ, corn, nuts, seeds, olives, spinach, asparagus and other green leafy vegetables, vegetable oils, and products made from vegetable oils such as margarine.



Are You a College Athlete?

The majority of varsity athletes are not getting enough nutrients. Only 15 percent of college athletes got enough carbohydrates and 26 percent of athletes had an adequate intake of protein based on dietary recommendations for athletes, says a study published in the *International Journal of Sport Nutrition and Exercise Metabolism*.

Pamela Hinton, assistant professor of nutritional sciences at the College of Human Environmental Sciences at the University of Missouri-Columbia, found that most college athletes aren't getting the daily dose of nutrition they need and are more likely to exceed the dietary guidelines for fat, saturated fat, cholesterol and sodium than females.

"Carbohydrates are the preferred muscle fuel during exercise," says Hinton. "Athletic performance is enhanced by consuming carbohydrates at the pre-competition meal, during the event and immediately after competition. Adequate dietary protein is needed to maintain skeletal muscle mass." "The dietary guidelines are intended to reduce the risk of cardiovascular disease in American adults," says Hinton.