Article Side
Specially Formulated for Golf Power by Travis Belfon

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It is extremely crucial that an athlete maintain proper nutrition for any competitive performance. While normal energy drinks may provide the necessary supplementation in other sports, the nutritional replacements required for golf power are different due to the way golf is played.

First, a golferâ€™s needs are specific to the individual and the type of game he or she plays. The needs of a recreational player are different from a tournament player and their needs are also different during training. Many experts suggest that drinking water helps players avoid dehydration. In addition, they recommend a multivitamin tablet once a day combined with a healthy diet, while avoiding alcohol. This enhanced nutrition is can make a big impact on oneâ€™s golf game â€“ especially considering the typical loss of energy they may experience during extended periods of play.

However, this is a bit out of place considering that players often miss a meal and there is little food intake for five to six hours while on the course. Although drinks and snacks can be worked into the game, we have to see this in conjunction with the nervous stress a player may experience. Serious players usually find it difficult to eat anything due to the stress involved. This can cause a serious drop in blood sugar levels, particularly in players who are at risk, and may affect brain function and performance. In the long run, this can even affect a playerâ€™s skill.

There are many golf drinks available in the market. While some of them are energy drinks marketed incorrectly as golf drinks, some others purport to be specifically formulated for golfers. GolferAID is one of the golf drinks that have become extremely popular with golfers. It is a drink that restores golf power in individuals.

The primary ingredients of GolferAID include, but are not limited to the following:

â€¢ Epimedium: This ingredient was traditionally used in Chinese medicine to improve strength.

â€¢ Glucosamine: This is derivative of glucose designed to maintain healthy and flexible joints.

â€¢ Bilberry: This supplement promotes balance and improves vision.

â€¢ Siberian Ginseng: This is known for its medicinal properties the world over for reducing stress and improving endurance.

Other ingredients include vitamins A, C, and E, as well as trace minerals like potassium, calcium, and magnesium. Unlike other golf drinks, GolferAID uses organic blue agave as a sweetener to avoid the harmful effects of refined sugar.

There seems to be a lot of substance to the claims made by the manufacturers, especially since GolferAID has 35 times more supplements and less sugar when compared to other drinks in the market. Try it out for yourself today at www.golferaid.com.

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Travis Belfon - About Author:

GolferAID works wonders for your body and golf game. Scientifically engineered, the nutraceutical blend within our a golf drinks is expertly crafted to deliver a boost to every dimension of your golf game. It provides additional energy to improve a golf power using a proven combination of all natural ingredients.

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