

[54] **NUTRIENT COMPOSITION FOR ATHLETES AND METHOD OF MAKING AND USING THE SAME**

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[58] **Field of Search** ..... **424/128, 141, 144, 145, 424/150, 153-154; 514/905, 564, 365; 426/656, 73, 74**

[56] **References Cited**

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[57] **ABSTRACT**

A unique, chemically-defined nutrient composition is disclosed which can enable stressed, catabolic, marathon athletes to achieve superior performance. The diet provides substantially all of the essential nutrients along with flavoring aids in simple, readily available form and comprises free amino acids, vitamins, minerals and trace elements, electrolytes, simple and complex carbohydrates, and flavoring aids. This diet benefits athletes because it provides for substantially all of the nutritional requirements, allows for reproducibility and user familiarity through precise chemical definition, supplies optimal nutritional requirements during training and competition through unique tailoring to the nutritional requirements of an individual athlete, requires minimal digestive energy, and encourages maximal absorption of nutrients. A specific mixture of amino acids, carbohydrates, and flavoring aids is used to achieve superior taste. In addition, due to the unique method provided in the present invention, all of the solid nutrients rapidly and completely dissolve in tap water under ordinary usage conditions. This enables the final blend to be easily dissolved in an appropriate volume of tap water prior to use by the athlete.

**6 Claims, 1 Drawing Sheet**