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Why Do You Need Oats in Bodybuilding and Fitness?

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As stated in the product's name, Natural 100 Percent Oats and Whey by Optimum Nutrition, combines two powerful sources of the nutrients you'll need to fill your muscle-building and fitness requirements – oats and whey. There are other fitness supplements in the market today that combine these two ingredients, instead of just having whey. Why do you need oats in bodybuilding and fitness? There are a number of good reasons and among the best ones are weight control, energy, and general health.



People who consume oats regularly are less likely to become obese. In fact, studies show that children who eat oatmeal regularly lower their risk of becoming overweight adults by 50 percent. The soluble fiber content of oats forms a gel in your digestive system, causing you to feel full longer and eventually helping you with weight loss. The gel that forms inside you also traps bad cholesterol and helps minimize its absorption into your bloodstream.

You need calories to give you the energy you need for your workout. Oats are a good source of carbohydrates to do this job. There are studies that when someone consumes oats about an hour before exercise, metabolism is altered in a positive way and results to an enhanced performance during the training.

Oats are a good source of many other nutrients needed for a well-balanced diet and a stronger immune system. As it slows down your digestion, it also controls the levels of your blood glucose – slowing its increase after eating and its decrease before meals. This process helps avoid all the risks of diabetes.

In addition, oats contain phytochemicals that's been discovered to minimize the risk of getting cancer. The dangers of contracting cancer of the breast, prostate, endometrium, or the ovary are significantly lessened when someone eats oats regularly.

Oats are also an excellent source of essential vitamins like biotin, folic acid, thiamin, and other nutrients and all the other nutritional elements found in oats have the capability to increase the speed of your body's response to infection and makes you heal faster in case any illness hits you.

Indeed, it isn't any wonder that a product like Natural 100 Percent Oats and Whey by Optimum Nutrition is out in the market today. The amazing mix of oats and whey can definitely do much more for someone who's into a bodybuilding or fitness program.

Source

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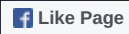

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