

NMA Formula (ATH)

Supporting Active Lifestyles, Recovery and Nutritional Wellbeing

Whether you're a dedicated athlete, a regular gym-goer, an enthusiastic runner or simply enjoy leading an active lifestyle, your body relies on the right balance of nutrients to support normal recovery, energy production and overall wellbeing.

Physical activity places increased demands on muscles, connective tissues and energy metabolism. Alongside good nutrition, hydration, adequate sleep and structured recovery, maintaining optimal nutritional status plays an important role in helping the body perform its normal physiological functions.

What is NMA Formula (ATH)?

NMA Formula (ATH) is an intravenous nutritional therapy formulated to provide amino acids and nutritional support for individuals with physically active lifestyles.

Amino acids are the fundamental building blocks of protein and are required for countless biological processes, including muscle maintenance, tissue repair, enzyme production and energy metabolism.

Why Are Amino Acids Important?

Every movement your body makes depends on healthy muscle function, connective tissue integrity and efficient energy production.

Amino acids contribute to:

- Protein synthesis
- Muscle maintenance
- Tissue repair
- Enzyme production
- Hormone synthesis
- Normal immune function
- Cellular regeneration
- Healthy metabolism
- Recovery following physical activity

Without adequate amino acids, the body cannot efficiently repair and maintain many of its tissues.

Supporting an Active Lifestyle

Exercise creates normal physiological stress on muscles and connective tissues. During recovery, the body repairs microscopic muscle fibres and adapts to the demands placed upon it.

Healthy recovery is supported by:

- Adequate nutrition
- Good hydration
- Quality sleep
- Progressive training
- Appropriate rest periods

NMA Formula (ATH) has been designed to complement these healthy lifestyle practices by providing nutritional support where clinically appropriate.

It should be viewed as part of a broader wellness strategy rather than a replacement for healthy habits.

Supporting Muscle Recovery

Muscles rely upon protein synthesis to maintain and repair tissue following exercise.

Several amino acids included within NMA Formula (ATH) contribute to:

- Normal muscle maintenance
- Protein synthesis
- Cellular repair
- Energy metabolism
- Healthy connective tissue

Recovery varies between individuals and is influenced by factors including training intensity, nutrition, sleep, age and overall health.

Supporting Energy Production

Every muscle contraction requires energy.

Within our cells, specialised structures known as mitochondria generate the energy required for physical activity.

Amino acids and selected vitamins contribute to the normal biochemical pathways involved in energy metabolism, helping the body convert nutrients into usable energy during everyday physiological processes.

Hydration Matters

Hydration plays a vital role in maintaining normal physical performance and wellbeing.

Adequate hydration contributes to:

- Temperature regulation
- Circulation
- Nutrient transport
- Muscle function
- Joint lubrication
- Cognitive performance

Depending upon your individual treatment plan, intravenous fluids may be used to support hydration where clinically appropriate.

Who May Benefit?

Following a comprehensive consultation, NMA Formula (ATH) may be considered for adults who:

- Participate in regular exercise
- Attend the gym
- Take part in endurance sports
- Enjoy recreational running or cycling
- Participate in strength training
- Lead physically demanding lifestyles
- Wish to support their nutritional wellbeing and recovery

