



Jeff Christy

Why use a food supplement? Nutritional Consistency. Anyone who travels and is concerned with optimum health or peak performance owes it to themselves to take quality supplements along for the trip. No matter where you go in the world you have access to a low fat complex carbohydrate. However, you are at the mercy of the culture you are visiting for a quality protein source. Sampling all the cuisine the world has to offer is very appealing on vacation or backpacking across Europe. However, competitive athletes can not afford to find out the hard way that a certain foreign dish doesn't agree with their system or meet their dietary needs. Interactive **Whey** and **Rx** are easily digested sources of quality protein and food energy.



Eliminate Variables: For me, Interactive Whey and Rx are as essential to my tournament bag as court shoes. That may sound like a cheesy sales slogan but consider this: You show up at a tournament after months of conditioning and technical work only to be tied in knots by what you thought was "beef" on your plate. All of your team's hard work washed away by your poor judgement. Packing supplements in your bag ensures you are at your best; even when the menu isn't up to standard.

Why Interactive Nutrition?

Quality Assurance: Interactive Nutrition is a manufacturing company proud of the quality of it's products and ingredients. Most nutrition companies can not honestly claim to know exactly what is in their products. Other companies buy their products and simply slap a label on it. As an amateur athlete subject to drug testing, I must know exactly what is in the products I use.

Product Innovation: The fact that I am on this website is testament to the innovative nature of Interactive Nutrition. This company's approach to promoting products is as innovative as the products themselves. A Paralympic athlete endorsing products is definitely not "sure fire" or "tried and true". Interactive Nutrition has envisioned opportunity where others only see risk. The products on this website are for **everyone** interested in pushing the limits of their personal potential. Interactive Nutrition is helping me get closer to my goal for the Sydney 2000 Paralympic Games. Whether your goal is to get a little better or be the best in the world, quality nutrition plays a role.

Thanks to Interactive Nutrition for their Integrity & Innovation. Also, best of luck to Interactive Nutrition's customers on their personal quests for excellence.

- Jeff Christy
- Canadian Goalball Team
- 1996 Atlanta Paralympic Silver Medalist