



EAT TO COMPETE

for BJJ
Athletes



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INTRO

Welcome to this workbook



Do you ever find yourself feeling sluggish on the mats, struggling to maintain energy during training, or missing those weight-cutting deadlines? You're not alone! As a BJJ athlete, your body demands top-notch fuel to perform at its best. But navigating the world of diets can feel like facing a tricky opponent - confusing, overwhelming, and potentially leaving you feeling tapped out.

This ebook is your guide to choking out cravings, fueling your guard, and tapping into peak performance through the power of smart BJJ-specific nutrition. We'll explore various dietary approaches, from carnivore to vegetarian and everything in between, helping you discover the optimal strategy for your body and goals. Don't just survive your training, thrive on the mats with a diet that supports your BJJ journey.



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SLAPBUMP

All you need to know about SlapBump is that we love BJJ. We love South Africa. So we are providing anything and everything for BJJ in South Africa.

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CARNIVORE DIET

I'm starting with this diet because I think it is the best option combined with fasting. I was a vegan for 20+ years and in the last year I have changed over to OMAD (One Meal A Day) Carnivore. Proper 180 huh! I have to admit... I have never felt better. But saying that, everyone will have their own preferences which is why we are sharing multiple options.

The carnivore diet, as the name suggests, restricts everything except animal products like meat, poultry, fish, eggs, and sometimes dairy (although some versions exclude it initially).

BENEFITS

- **Increased satiety:** High protein and fat content can lead to feeling fuller for longer, potentially reducing cravings and aiding weight management.
- **Improved energy levels:** Some proponents claim an increase in sustained energy due to ketosis, a metabolic state where the body burns fat for fuel.
- **Reduced inflammation:** Some individuals report a decrease in inflammation, which might be beneficial for BJJ athletes prone to injuries.

NEGATIVES

- **Nutrient deficiencies:** Excluding entire food groups can lead to deficiencies in essential vitamins, minerals, and fiber. Supplementation may be necessary.
- **Gut health concerns:** Limiting fiber intake can negatively impact gut health and digestion.
- **003**
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- This diet can be restrictive and challenging to maintain in social settings.
- **Potential for kidney strain:** High protein intake may put extra stress on the kidneys for individuals with pre-existing conditions.

WHO IT MIGHT BE GOOD FOR

- Individuals with specific health conditions seeking to manage them under medical supervision (consult a healthcare professional before starting).
- Athletes looking to experiment with a different dietary approach, acknowledging the potential need for guidance and monitoring.

WHO IT MIGHT NOT BE SUITABLE FOR

- Individuals with pre-existing kidney or heart conditions.
- Pregnant or breastfeeding women.
- Individuals with a history of disordered eating or restrictive dietary patterns.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- Potential for increased satiety and sustained energy: This could be beneficial for athletes with long training sessions.
- Reduced inflammation: May help with recovery from injuries.

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VEGETARIAN DIET

The vegetarian diet excludes all meat and poultry, but may include other animal products like fish, eggs, and dairy. This umbrella term encompasses various subcategories:

- **Lacto-ovo vegetarian:** Includes both dairy and eggs.
- **Lacto-vegetarian:** Includes dairy but excludes eggs.
- **Ovo-vegetarian:** Includes eggs but excludes dairy.
- **Pesco-vegetarian:** Includes fish and seafood but excludes meat and poultry.

BENEFITS

- **Rich in nutrients:** Vegetarian diets are naturally plant-based, providing a wealth of essential vitamins, minerals, and fiber from fruits, vegetables, legumes, and whole grains.
- **Improved heart health:** Studies suggest that vegetarian diets can lower the risk of heart disease due to their lower saturated fat content and higher intake of fiber and plant-based protein.
- **Potentially beneficial for weight management:** Vegetarian diets tend to be lower in calorie density, making it easier to maintain a healthy weight.

NEGATIVES

- **Careful planning required:** To ensure sufficient protein, iron, calcium, and vitamin B12, a well-planned vegetarian diet with diverse plant-based protein sources is crucial.
- **Social limitations:** Similar to the carnivore diet, adhering to specific subcategories might pose challenges in social settings.
- **May require supplementation:** Depending on the chosen subcategory, supplementation of B12, iron, and calcium might be necessary to meet daily requirements.

WHO IT MIGHT BE GOOD FOR

- Individuals with ethical concerns regarding animal consumption.
- Athletes seeking a dietary approach rich in fiber and essential nutrients.
- Individuals seeking to manage weight and improve overall health.

WHO IT MIGHT NOT BE SUITABLE FOR

- Athletes with very high training demands, requiring meticulous planning to ensure adequate protein intake.
- Individuals with pre-existing deficiencies in iron, calcium, or vitamin B12 without proper monitoring and supplementation.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- **Rich nutrient content:** Provides essential vitamins, minerals, and fiber crucial for overall health and recovery.
- **Potential weight management benefits:** Can be helpful for managing weight within competition classes.

VEGAN DIET

The vegan diet excludes all animal products, including meat, poultry, fish, eggs, and dairy. It emphasizes whole plant-based foods like fruits, vegetables, legumes, whole grains, nuts, and seeds.

BENEFITS

- **Ethical alignment:** Aligns with ethical concerns regarding animal welfare.
- **Nutrient-rich:** A well-planned vegan diet can be rich in essential vitamins, minerals, and fiber, promoting overall health.
- **May support weight management:** Similar to vegetarian diets, vegan diets tend to be lower in calorie density, potentially aiding in weight management.
- **Potential for reduced inflammation:** Some studies suggest plant-based diets may be linked to lower inflammation levels, potentially beneficial for recovery.

NEGATIVES

- **Requires meticulous planning:** Ensuring sufficient protein, iron, calcium, vitamin B12, and omega-3 fatty acids necessitates careful planning and food choices.
- **Higher risk of deficiencies:** Without proper planning and supplementation, vegan athletes are more susceptible to deficiencies in these essential nutrients.
- **Social limitations:** Similar to other restrictive diets, social settings might pose challenges in adhering to the vegan lifestyle.
- **Potentially limited protein sources:** Requires consuming a variety of plant-based protein sources like legumes, tofu, tempeh, and textured vegetable protein (TVP) to meet daily needs.

WHO IT MIGHT BE GOOD FOR

- Individuals with strong ethical convictions against animal products.
- Athletes seeking a nutrient-rich diet aligned with their values.
- Individuals seeking to manage weight and improve overall health.

WHO IT MIGHT NOT BE SUITABLE FOR

- Athletes with very high training demands, requiring meticulous planning and potentially supplementation to ensure adequate protein and nutrient intake.
- Individuals with pre-existing deficiencies in iron, calcium, vitamin B12, or omega-3 fatty acids without proper monitoring and supplementation.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- Ethical alignment: Aligns with ethical concerns regarding animal welfare, a motivation for many athletes.
- Potential health benefits: May promote overall health and recovery if well-planned and executed.

PESCATARIAN DIET

The pescatarian diet includes fish and seafood as primary protein sources, but excludes meat, poultry, and eggs. It often incorporates dairy products but can be adapted to be vegan by excluding dairy as well.

BENEFITS

- **Rich in essential nutrients:** Seafood provides high-quality protein, omega-3 fatty acids, vitamin D, and other essential nutrients crucial for overall health and performance.
- **Potential cognitive benefits:** Studies suggest omega-3 fatty acids may support brain function and cognitive performance, potentially beneficial for BJJ athletes.
- **Reduced saturated fat intake:** Compared to meat-based diets, pescatarian diets tend to be lower in saturated fat, potentially improving heart health.

NEGATIVES

- Limited protein sources: Compared to other diets, protein sources are primarily restricted to fish and seafood, requiring careful planning for variety and adequate intake.
- Potential for mercury contamination: Certain fish species are higher in mercury, necessitating mindful selection and consumption practices.
- Social limitations: Similar to other restrictive diets, adhering to the pescatarian diet in social settings might pose challenges.

WHO IT MIGHT BE GOOD FOR

- Individuals with ethical concerns regarding meat consumption but still seeking seafood as a protein source.
- Athletes seeking a diet rich in omega-3 fatty acids and other essential nutrients from seafood.
- Individuals with health concerns prompting a reduction in saturated fat intake.

WHO IT MIGHT NOT BE SUITABLE FOR

- Athletes with very high protein demands, requiring careful planning and potentially larger portions of fish or additional protein sources to meet their needs.
- Individuals with allergies or sensitivities to seafood.
- Individuals concerned about mercury exposure and lacking access to information on safe seafood choices.

Why it might be considered for BJJ Athletes:

- **Nutrient-dense protein source:** Provides high-quality protein and essential nutrients from fish and seafood.
- **Potential benefits for cognitive function and heart health:** Omega-3 fatty acids may support brain function and cardiovascular health, beneficial for athletes.

RAW DIET

The raw food diet emphasizes uncooked or minimally cooked plant-based foods like fruits, vegetables, nuts, seeds, and sprouted grains. It excludes processed foods, animal products, and any foods heated above a certain temperature (typically around 104°F or 40°C).

BENEFITS

- Increased nutrient intake: Proponents believe that consuming raw foods preserves enzymes and other heat-sensitive nutrients.
- Improved gut health: The high fiber content in raw fruits and vegetables may promote gut health and digestion.
- Potential weight management: Raw food diets tend to be lower in calorie density, potentially aiding in weight management.

NEGATIVES

- Limited food variety: Excluding cooked foods and entire food groups can significantly restrict dietary choices and make it challenging to meet nutritional needs.
- Potential for nutrient deficiencies: Certain nutrients, like vitamin B12 and iron, are more readily absorbed from cooked foods, and deficiencies can occur without proper planning and supplementation.
- Safety concerns: Consuming raw animal products like eggs or unpasteurized dairy increases the risk of foodborne illness.
- Social limitations: Similar to other restrictive diets, adhering to the raw food diet in social settings can be challenging.

WHO IT MIGHT BE GOOD FOR

- Individuals with strong convictions about the benefits of raw food consumption.
- Athletes seeking a diet rich in fiber and potentially promoting gut health.
- Individuals seeking to manage weight and explore alternative dietary approaches.

WHO IT MIGHT NOT BE SUITABLE FOR

- Athletes with very high energy demands, as raw food diets might not provide enough readily available energy sources.
- Individuals with pre-existing nutrient deficiencies or digestive issues.
- Pregnant or breastfeeding women, as they have specific nutritional needs that might be difficult to meet on a raw food diet.

Why it might be considered for BJJ Athletes

- Potential gut health benefits: May promote gut health and digestion, crucial for overall health and recovery.
- Weight management potential: Can be helpful for managing weight within competition classes.

KETO DIET

The ketogenic diet, often shortened to "keto," is a high-fat, very low-carbohydrate diet. It aims to shift your body's primary fuel source from glucose (derived from carbohydrates) to ketones (produced by the liver from fat breakdown) through ketosis.

BENEFITS

- Potential for weight loss: By severely limiting carbohydrates, the body burns stored fat for energy, potentially leading to weight loss.
- Improved satiety: High fat content can lead to feeling fuller for longer, potentially reducing cravings and aiding weight management.
- Increased energy levels: Some proponents claim sustained energy levels after the initial adaptation period due to utilizing fat for fuel.

NEGATIVES

- "Keto flu" symptoms: During the initial transition period, individuals may experience fatigue, headaches, brain fog, and other flu-like symptoms.
- Nutrient deficiencies: Limiting entire food groups like fruits and whole grains can lead to deficiencies in essential vitamins, minerals, and fiber without proper planning and supplementation.
- Potential for muscle loss: In the absence of sufficient carbohydrate intake, the body might break down muscle tissue for energy, impacting performance and recovery.
- Long-term health concerns: The long-term safety and sustainability of this high-fat, low-carb approach for athletes, particularly BJJ athletes, lack sufficient research and require further investigation.

WHO IT MIGHT BE GOOD FOR

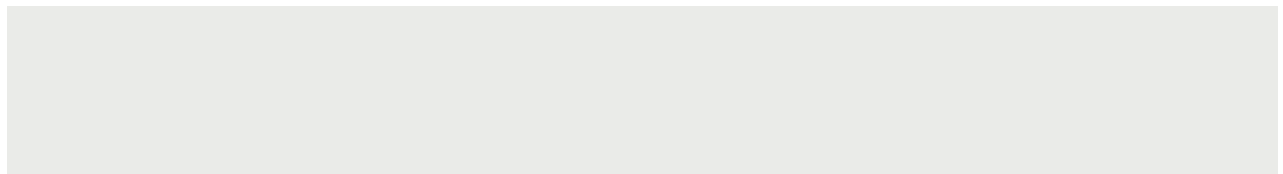
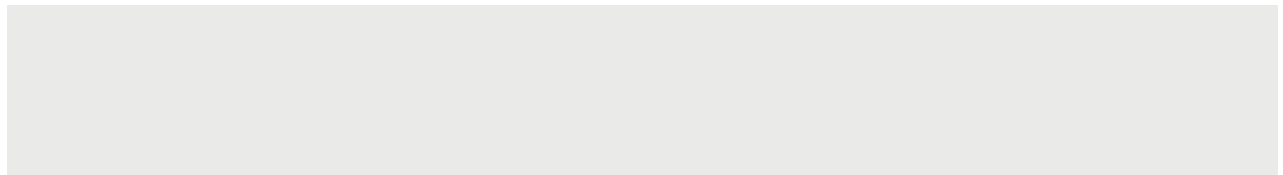
- Individuals with specific health conditions seeking to manage them under medical supervision (consult a healthcare professional before starting).
- Athletes under professional guidance and monitoring considering this approach after exploring other options.

WHO IT MIGHT NOT BE SUITABLE FOR

- BJJ athletes with high training demands: The limited carbohydrate intake might not provide readily available energy sources for intense training and competition.
- Individuals with pre-existing kidney or heart conditions.
- Pregnant or breastfeeding women.
- Athletes with a history of disordered eating or restrictive dietary patterns.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- Potential for weight loss: May be attractive for athletes in weight-cutting phases of competition.
- Increased satiety: Could potentially help manage hunger and cravings during training.



PALEO DIET

The Paleo Diet: Caveman Cuisine for BJJ Athletes?

The Paleo diet, short for Paleolithic, aims to mimic the eating patterns of our hunter-gatherer ancestors. It emphasizes whole, unprocessed foods believed to be consumed during the Paleolithic era, including:

- **Meat:** Grass-fed and pastured meats
- **Fish and seafood:** Wild-caught fish and seafood
- **Eggs:** Free-range eggs
- **Vegetables:** All types of vegetables
- **Fruits:** In moderation, with some restrictions on high-glycemic options
- **Nuts and seeds:** All types
- **Healthy fats:** Avocados, olive oil, nuts, and seeds

BENEFITS

- **Focus on whole foods:** Encourages consumption of unprocessed, nutrient-dense whole foods, potentially promoting overall health.
- **Reduced inflammation:** May help reduce inflammation, potentially beneficial for recovery from injuries common in BJJ.
- **Improved satiety:** High protein and fiber content can lead to feeling fuller for longer, potentially aiding weight management.

NEGATIVES

- **Limited food variety:** Excludes entire food groups like dairy and grains, which can be challenging for some individuals.
- **Potential for nutrient deficiencies:** Restricting certain food groups without careful planning might lead to deficiencies in calcium, vitamin D, and fiber.
- **Costly:** Grass-fed meats, wild-caught fish, and organic produce can be expensive compared to conventional options.
- **Social limitations:** Similar to other restrictive diets, adhering to the Paleo diet in social settings can be challenging.

WHO IT MIGHT BE GOOD FOR

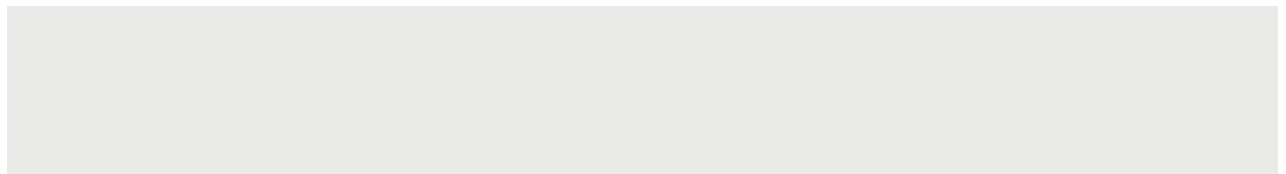
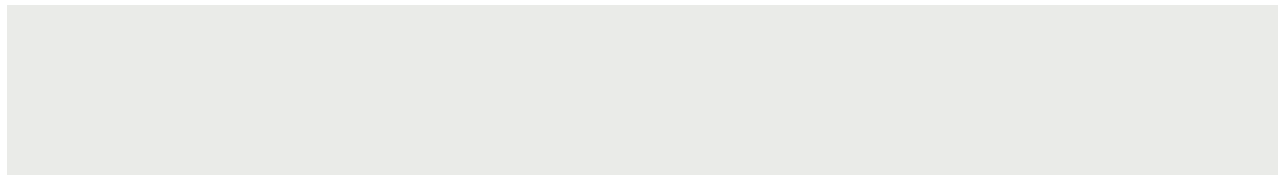
- Individuals with ethical concerns regarding factory farming practices and seeking a more natural food approach.
- Athletes seeking a diet rich in protein and healthy fats to support training and recovery.
- Individuals with specific health conditions seeking to manage them under medical supervision, potentially benefiting from reduced inflammation (consult a healthcare professional before starting).

WHO IT MIGHT NOT BE SUITABLE FOR

- Athletes with very high training demands, requiring meticulous planning to ensure adequate carbohydrate intake for energy during intense training.
- Individuals with pre-existing digestive issues, as the high fiber content might exacerbate them.
- Individuals on a tight budget, as the Paleo diet can be more expensive than a standard diet.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- Focus on unprocessed foods: Aligns with the growing emphasis on whole food consumption for optimal health.
- Potential for reduced inflammation: May help with recovery from injuries and manage inflammation common in BJJ training.
- High protein and healthy fat content: Supports muscle building, repair, and satiety, crucial for BJJ athletes.



MEDITERRANEAN DIET

The Mediterranean Diet, inspired by the traditional eating patterns of countries bordering the Mediterranean Sea, emphasizes a balanced and sustainable approach to nutrition. It prioritizes:

- **Fruits and vegetables:** A cornerstone, providing essential vitamins, minerals, and fiber.
- **Whole grains:** Source of complex carbohydrates for sustained energy.
- **Legumes:** Rich in protein and fiber, promoting satiety and gut health.
- **Healthy fats:** Primarily from olive oil, nuts, and seeds, promoting heart health and satiety.
- **Fish and seafood:** Consumed moderately, providing high-quality protein and omega-3 fatty acids.
- **Moderate poultry and eggs:** Lean protein sources enjoyed in moderation for essential nutrients.
- **Limited red meat:** Consumed in moderation and prioritized over processed meats.
- **Dairy products:** Included in moderation, primarily low-fat options like yogurt and cheese.

BENEFITS

- **Nutrient-rich:** Provides a diverse range of essential nutrients from various food groups, promoting overall health and well-being.
- **Improved heart health:** The emphasis on healthy fats, moderate protein intake, and limited red meat may contribute to reduced risk of heart disease.
- **Weight management potential:** Promotes satiety and healthy eating habits, potentially aiding in weight management.
- **Potential for reduced inflammation:** The emphasis on vegetables, fruits, and healthy fats may contribute to a decrease in inflammation, beneficial for recovery.

NEGATIVES

- **Requires planning:** Although not as restrictive as many other diets, it still requires awareness and planning to ensure a balanced intake from all food groups.
- **Cultural adaptation:** Individuals who are not accustomed to this dietary pattern might face challenges in adopting and sustaining it long-term.
- **Cost considerations:** Depending on the availability and quality of ingredients, the cost of following this diet can vary.

WHO IT MIGHT BE GOOD FOR

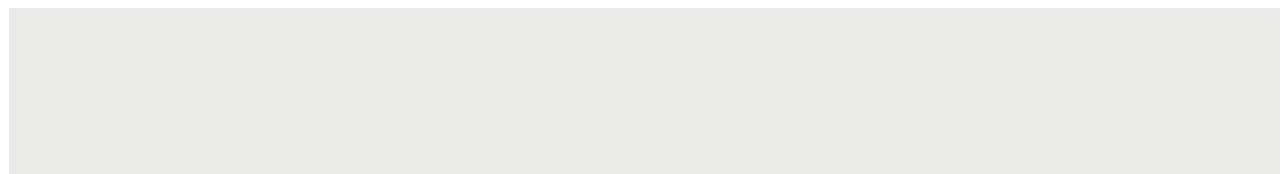
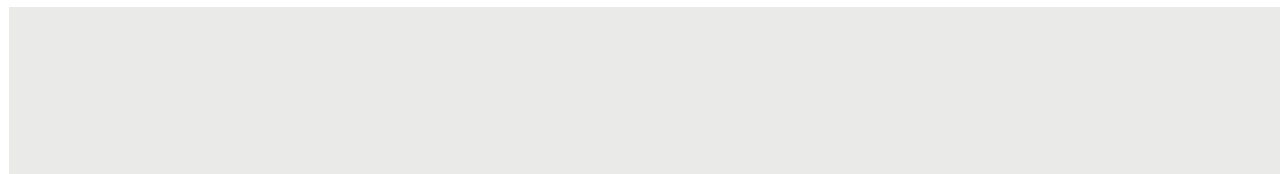
- BJJ athletes seeking a sustainable and well-balanced approach to nutrition.
- Individuals with a focus on overall health and well-being.
- Those seeking to manage weight and improve cardiovascular health.

WHO IT MIGHT NOT BE SUITABLE FOR

- Athletes with very high training demands: May require additional tweaks to ensure adequate carbohydrate intake for intense training and competition.
- Individuals with specific dietary restrictions or allergies to certain foods.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- Balanced nutrient profile: Provides a well-rounded mix of essential nutrients for energy, recovery, and overall health.
- Sustainable approach: Encourages long-term healthy eating habits, crucial for athletes seeking consistency and performance optimization.
- Potential for reduced inflammation: May benefit athletes prone to injuries and support recovery.



INTERMITTENT FASTING

Intermittent Fasting (IF) is not a specific diet, but rather an eating pattern that cycles between periods of eating and fasting. There are various methods of IF, with different timeframes for fasting and eating windows. Some popular examples include:

- **16/8 method:** This involves fasting for 16 hours and having an 8-hour eating window each day.
- **5:2 method:** This involves eating normally for 5 days and restricting calories to 500-600 on 2 non-consecutive days.

BENEFITS

- **Potential for weight management:** By restricting the eating window, IF may lead to reduced calorie intake and weight loss.
- **Improved insulin sensitivity:** Studies suggest IF may improve insulin sensitivity, potentially beneficial for blood sugar control.
- **Potential for cellular repair:** Some research suggests IF may promote cellular repair mechanisms, potentially aiding in recovery.

NEGATIVES

- **Requires discipline:** Adhering to the fasted state and sticking to the eating window can be challenging, especially initially.
- **Potential for muscle loss:** If not carefully planned, IF can lead to muscle loss, which is detrimental for athletes.
- **May not be suitable for everyone:** Individuals with certain health conditions, pregnant or breastfeeding women, and individuals with a history of eating disorders should avoid IF.

WHO IT MIGHT BE GOOD FOR

- Individuals seeking a new approach to weight management beyond traditional calorie restriction.
- Athletes with experience in managing their diet and training intensity who are interested in exploring IF under professional guidance.

WHO IT MIGHT NOT BE SUITABLE FOR

- BJJ athletes with high training demands: The fasted state might impact energy levels and performance during training sessions.
- Individuals with pre-existing health conditions: IF can potentially worsen certain health conditions. Consult a healthcare professional before starting IF.
- Athletes with a history of disordered eating: IF can trigger unhealthy eating patterns in individuals with a history of disordered eating.

WHY IT MIGHT BE CONSIDERED FOR BJJ ATHLETES

- Potential weight management benefits: May be helpful for athletes in weight-cutting phases of competition.
- Improved insulin sensitivity: May contribute to better blood sugar control, potentially beneficial for athletes.

QUESTIONS

With all these diets to choose from it can be hard to decide which one is best for you. So here are a few questions to work through to help you pick the right one.

LIFESTYLE AND PREFERENCES

- What is your current dietary pattern?
- Are you open to trying new foods and experimenting with different dietary approaches?
- How important is social eating to you?
- Do you have any ethical concerns regarding food sources (e.g., meat consumption)?
- What is your cooking experience and comfort level?
- What is your typical daily schedule and training frequency?

HEALTH AND NUTRITION

- Do you have any pre-existing health conditions or allergies?
- Have you consulted a healthcare professional about dietary changes?
- Do you experience any digestive issues or sensitivities?
- What are your specific health and fitness goals (e.g., weight management, performance enhancement, recovery optimization)?
- What are your budget limitations for groceries and potential supplements?

PERSONAL PREFERENCES AND SUSTAINABILITY

- What level of restriction are you comfortable with?
- How important is variety and flexibility in your diet?
- Do you have specific cultural or religious dietary requirements?
- Are you willing to commit to long-term changes and sustainable dietary patterns?
- How confident are you in your ability to plan, prepare, and adhere to a new diet consistently?

ADDITIONAL CONSIDERATIONS

- What are your sources of information about different diets?
- Have you researched the potential benefits, drawbacks, and scientific evidence behind different dietary approaches?
- Are you aware of the importance of consulting a registered dietitian or healthcare professional before starting any new diet, especially if you have any underlying health conditions?

By answering these questions honestly and thoughtfully, you can gain valuable insights into your individual needs, preferences, and lifestyle factors. This self-assessment can be a starting point for exploring different dietary approaches and ultimately finding the one that best aligns with your BJJ journey and overall well-being. Remember, seeking professional guidance from a registered dietitian or healthcare professional is crucial for personalized recommendations and ensuring a safe and effective approach to optimizing your BJJ nutrition.

SUPPLEMENTS

While a well-balanced diet is the foundation of optimal nutrition, adding supplements may be necessary in certain situations, regardless of your chosen diet. Here's why:

1. ADDRESSING POTENTIAL NUTRIENT DEFICIENCIES

- Even the most well-planned diets can have limitations due to factors like:
 - Soil depletion: Modern agricultural practices can lead to decreased levels of certain vitamins and minerals in fruits and vegetables.
 - Food processing: Processing can strip away essential nutrients from food.
 - Individual needs: Athletes may have higher requirements for certain nutrients compared to the general population.
- Supplements can help bridge these gaps and ensure you're getting the necessary nutrients for optimal health and performance.

2. MEETING SPECIFIC NEEDS OF BJJ ATHLETES

- BJJ athletes have unique nutrient demands due to the physically demanding nature of the sport. They may require higher intakes of:
 - Protein: Crucial for muscle building, repair, and recovery.
 - Electrolytes: Lost through sweat, impacting hydration and muscle function.
 - Certain vitamins and minerals: Important for overall health, energy production, and recovery.
- Targeted supplements can help athletes meet these specific needs and support optimal performance and recovery.

3. ADDRESSING INDIVIDUAL CIRCUMSTANCES

- Certain factors can increase the need for supplements, such as:
 - Underlying health conditions: May affect nutrient absorption or require specific dietary needs.
 - Medications: May interfere with nutrient absorption or have specific dietary recommendations.
 - Food allergies or intolerances: May limit access to certain food groups, necessitating supplementation.
- Consulting a healthcare professional is crucial to determine if you have any underlying conditions affecting nutrient absorption and to receive personalized recommendations regarding supplementation.

It's important to remember that supplements are not a magic bullet and should not be used as a substitute for a healthy diet.

Here are some key points to consider:

- Focus on a balanced and varied diet that incorporates whole, unprocessed foods as the primary source of nutrients.
- Consult with a registered dietitian or healthcare professional to assess your individual needs and determine if supplementation is necessary and appropriate.
- Choose high-quality supplements from reputable brands and be wary of unrealistic claims or excessive dosages.
- Monitor your progress and adjust your supplementation plan as needed under professional guidance.

Remember, supplementation should be a complementary strategy used in conjunction with a healthy diet and professional guidance to optimize your nutrition and support your BJJ journey.



ASHWAGANDHA

- Relieve Stress and Anxiety
- Improve Physical Performance & Recovery
- Balance Hormones
- Cognitive Function & Memory
- Sexual Health
- Support Heart Health
- Support Healthy Blood Sugar
- 60 or 120 x 500mg Capsules
- Natural and Additive Free

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SUPER HUMAN



- Boost Energy and Moods
- Enhance Focus and Brain Function
- Relieves Stress and Anxiety
- Boosts Immune System
- Physical Performance
- 60 x 500mg Capsules
- Completely Natural and Additive Free

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LION'S MANE



- Boost Memory
- Boost Concentration
- Support Neurogenesis
- Slow Ageing
- Suitable for Children
- 100% Natural & Additive Free

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SEA MOSS



- Antioxidant
- Promotes Healthy Skin
- Boosts Immune System
- Increase Energy
- 30 x 800mg Capsules
- 100% Natural & Additive Free

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PAIN RELIEF

- Relieve Pain & Inflammation
- Relieve Arthritis & Joint Pain
- Promote Muscle Relaxation
- Improve Sleep
- Relieve Back Pain & Headaches
- 60 x 500mg Capsules

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SLEEPY CAPS

- Improves Sleep Quality
- Helps Reduce Time Taken to Fall Asleep
- Promotes Relaxation
- Improves Energy the Next Day
- Reduces Anxiety
- Helps with RLS (Restless Leg Syndrome)
- Increases GABA (reduces brainwave activity)
- 60 x 500mg Capsules
- 100% Natural & Additive Free

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INFLAMMATION SHIELD

This is not your average multivitamin. With 10 additional active ingredients specifically designed to boost your immune system and decrease inflammation, you will feel better than you have in years. Our immunity blend has been specifically formulated to help:

- Boost your immune system
- Decrease systemic inflammation
- Fuel your good gut bacteria
- Improve sleep
- Increase energy
- Eliminate painful headaches
- Decrease joint pain
- Boost weight loss
- Increase mental focus
- Improve mood & anxiety

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GUT SHIELD

A combination of some of the most powerful ingredients has been shown to repair your gut and heal the areas that are known to cause acne and ageing. With 11 active ingredients, our Gut Health & Glowing Skin blend has been designed to help with:

- Relieves digestive discomfort (gas, bloating, irregular bowel movements)
- Improve food sensitivities
- Minimise acne
- Promote a clean, glowing complexion
- Repair & rebalance your gut microbiome
- Encourage strong, healthy-looking hair, skin & nails
- Decrease inflammation in the gut
- Improve IBS symptoms
- Increase energy
- Boost weight loss
- Increase mental focus
- Improve mood & anxiety
- Decrease food cravings

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DETOX SHIELD

A combination of some of the most powerful ingredients that have been shown to clean out your liver and repair damaged cells. Not only is our blend a complete multivitamin but with 4 additional active ingredients, it has been designed to help:

- Flush buried toxins from your liver
- Bind to toxins to carry them out of the body
- Repair damaged liver cells
- Assist with proper excretion of excess estrogen
- Balance hormones
- Boost weight loss
- Increase energy
- Decrease acne
- Improve mood and anxiety
- Feel lighter
- Decrease PMS symptoms
- Improve acid reflux & heartburn

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STRESS SHIELD

Stress (chemical, physical & emotional) is the number 1 cause of dysfunction in the body that leads to deteriorating health, chronic & autoimmune disease. Long term exposure to stress can put you at increased risk for a variety of physical and mental health problems, including anxiety, depression, digestive issues, headaches, muscle tension and pain, heart disease, high blood pressure, stroke, sleep issues, weight gain, and memory problems. Our unique blend has been specially formulated to support your body's natural stress response, regulate your nervous system & decrease stress related symptoms. Our one of a kind blend has over 14 active ingredient to support with:

- Decreased anxiety
- Greater sense of calm in day to day life
- Improved sleep
- Boosting mental clarity & focus
- Supports weight loss
- Improved IBS symptoms
- Increasing energy
- May improve autoimmune conditions

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STRESS SHIELD

Stress (chemical, physical & emotional) is the number 1 cause of dysfunction in the body that leads to deteriorating health, chronic & autoimmune disease. Long term exposure to stress can put you at increased risk for a variety of physical and mental health problems, including anxiety, depression, digestive issues, headaches, muscle tension and pain, heart disease, high blood pressure, stroke, sleep issues, weight gain, and memory problems. Our unique blend has been specially formulated to support your body's natural stress response, regulate your nervous system & decrease stress related symptoms. Our one of a kind blend has over 14 active ingredient to support with:

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THE CHOICE IS YOURS

The world of diets can be overwhelming, and with so many options available, finding the perfect fit for your BJJ journey can feel like a challenge. This ebook has explored various dietary approaches, delving into their potential benefits, drawbacks, and suitability for BJJ athletes.

Remember, the information presented here is intended for educational purposes only and should not be construed as medical advice. We are not medical professionals, and it's crucial to consult with a registered dietitian or healthcare professional before starting any new diet, especially if you have any underlying health conditions. They can assess your individual needs, preferences, and goals to create a personalized nutrition plan that fuels your body and optimizes your performance on and off the mats.

Ultimately, the choice of which diet is best for you lies with you. Consider your lifestyle, health goals, preferences, and BJJ training demands as you navigate the exciting world of sports nutrition. Remember, the most effective diet is the one you can adhere to consistently and that supports your overall well-being and BJJ journey. So, explore your options, seek professional guidance, and fuel your passion with the right nutritional choices. Oss!

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