

STAY ENERGIZED ON THE ROAD

Despite our best efforts to eat well, nutritional deficiencies can persist. They may cause you to feel sluggish and have difficulty focusing. And in driving, focusing is key. If you aren't getting enough nutrients from your regular diet, you can take supplements to increase your energy and minimize fatigue.

However, it's important to avoid certain choices, such as relying on energy drinks as a supplement. The Harvard School of Public Health explains that this is a poor choice for long-term health. Moreover, energy drinks are not regulated by the Food and Drug Administration (FDA) and often contain excessive caffeine and sugar, which can be detrimental to your health.



What to Avoid:
Excessive caffeine, high sugar
content, lack of regulation

Instead, consider incorporating the following healthy supplements into your routine to boost your energy levels.

While dietary supplements shouldn't replace a balanced diet, they can be beneficial for individuals who experience a noticeable difference in energy levels when taking them.

**IRON, ZINC,
MAGNESIUM,
B12**



Seek advice from your healthcare provider prior to initiating any new supplements, especially if you have pre-existing health conditions or are taking prescribed medications.

