



## Article Side

Benefits of Leading Golf Drinks by [Travis Belfon](#)

Article published on January 23rd 2012 | [Sports](#)

Golf is a game that involves the mind and the body. More than any other game, it requires extreme calmness and immense focused energy at the same time. The harder you struggle to achieve this, the worse it gets. First, if your mind is preoccupied in any way, you will not be able to get a feel for your swing as you address the ball. Second, if your body is stiff or sore anywhere, it will not turn freely as you swing, which can cost yards. GolferAID is unlike the many golf drinks out there. It is golf power, plain and simple.

It contains ingredients like CoQ10 and gotu kola, both of which enhance blood flow to the brain. 5HTP, another element that aids golf power, is a precursor to serotonin, the chemical produced by the brain that makes you feel relaxed and content. Since itâ€™s a precursor, this nudges the body to produce a beneficial element rather than swamping the body with it.

Siberian ginseng is known for its assistance in stamina, strength, and endurance. Combining that with ingredients like B vitamins and blue agave â€“ the sweetener in GolferAID â€“ ensures that the body receives a steady, long-term supply of energy. Caffeine or artificial sugars, on the other hand, dump energy immediately into the system, giving you a rush on the 4th and trembling hands by the 10th.

Turmeric, MSM, and glucosamine help to maintain and subtly enhance flexibility. This is because they help keep cartilage and bones healthy. Joints, which are mostly composed of cartilage and bone, channel immense power and torque during a swing. Helping them regenerate faster is something that GolferAID does better than other golf drinks.

At the end of the day, itâ€™s really a choice between golf drinks that supercharge you now, then leave you drained in the end and golf power that helps you reset faster between strokes. Trust in the golf nutrition thatâ€™s made to be superior to many better known sports drinks. Consider the golf power built-into this refreshing drink thatâ€™s created to include 35 times more supplements than competing drinks. Additionally, GolferAID achieves this without the empty sugar rush â€“ an, all too popular ingredient in many sports drinks today. In fact there are 25 less grams of sugar in each can of GolferAID. Enjoy a refreshing drink that delivers healthful nutrients to your body, while easily helping to improve your golf game.

Article Source:

<http://www.articleside.com/sports-articles/benefits-of-leading-golf-drinks.htm> - [Article Side](#)

[Travis Belfon](#) - About Author:

GolferAID is unlike the many golf drinks out there. It contains 35 times more supplements than other a [golf drinks](#). To learn more about GolferAID and how it can improve your a [golf power](#), please visit [www.golferaid.com](http://www.golferaid.com).

Article Keywords:

golf power, golf drinks