

THE SCIENCE OF ELITE PERFORMANCE

Two sports. Two perspectives. One goal.

What does the body need when training becomes truly intense? How can targeted nutrition and thoughtfully selected supplementation support energy, athletic performance, and recovery - from regular exercise to elite competition?

In this conversation, Dejanira Žuklić and Mike Saunders bring together two worlds: practical experience from elite competitive sports and scientific expertise in nutrition and supplementation.

They discuss the unique nutritional demands of bodybuilding and powerlifting, the importance of a well-designed nutrition strategy, and how selected Synergy WorldWide products can be meaningfully incorporated into the daily routines of athletes and active individuals.



BODYFITNESS

DEJANIRA ŽUKLIĆ

BODYFITNESS WORLD CHAMPION

Dejanira Žuklić is a Croatian national bodyfitness athlete, nutrition consultant, and fitness trainer - and one of Croatia's most successful athletes in the sport.

She celebrated one of the greatest achievements of her career at the 2025 World Championships in Santa Susanna, Spain, where she won two gold medals and became the Overall World Champion in Master Bodyfitness. At the same championship, she also earned a silver medal in the Senior Bodyfitness category.

Over the past several years, Dejanira has won more than 15 gold medals and numerous international titles. Her major accomplishments also include winning the prestigious 2024 Arnold Sports Festival Europe in Madrid, where she placed first in the Master Women's Bodyfitness category.

Dejanira combines her international competitive experience with extensive knowledge of nutrition and a practical understanding of what the body needs during training, competition preparation, and recovery.



SCIENCE + POWERLIFTING

MIKE SAUNDERS

SCIENTIST & WORLD-CLASS POWERLIFTER

Mike Saunders is Vice President of Science & Innovation at Synergy WorldWide and the Hughes Center for Research and Innovation. He has extensive experience in research, development, and product formulation across nutrition, supplementation, athletic performance, and wellness.

But Mike doesn't know sports only from the laboratory.

He also has an impressive competitive powerlifting career, achieving world-class results and setting records. His outstanding accomplishments include a total lift of 1,002.5 kilograms in the 100-kilogram weight class and an incredible 400-kilogram squat.

This combination of scientific expertise, product development, and personal experience in competitive powerlifting gives Mike a uniquely valuable perspective on sports nutrition, supplementation, performance, and recovery.

WORLD CHAMPION EXPERIENCE • WORLD-CLASS SCIENCE • PRACTICAL PERFORMANCE INSIGHT

Nutrition | Supplementation | Energy | Athletic Performance | Recovery

TWO SPORTS. TWO PERSPECTIVES. ONE GOAL.

Bodybuilding and powerlifting require different approaches to training - yet both demand high-quality nutrition, effective recovery, and consistent execution. Dejanira and Mike unite the experience of a bodyfitness world champion with the perspective of a scientist and world-class powerlifter to explore how a thoughtful approach to nutrition and supplementation can support athletic performance.

Whether you're a competitive athlete, bodybuilder, powerlifter, coach, fitness enthusiast, or simply want to get more from your training and nutrition, this conversation offers valuable, practical insights.