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## MASS BUILDER

POPULAR: WHEY/CASEIN PROTEIN, CREATINE, BCAA,  
BETA-ALANINE, GLUTAMINE, ZMA, CARNITINE

## STRENGTH

POPULAR: WHEY/CASEIN PROTEIN, FISH OIL/OMEGA-3,  
CREATINE, MULTIVITAMINS

## FAT LOSS

POPULAR: CAFFEINE, EPHEDRA, GREEN TEA,  
CARNITINE, CLA, YOHIMBINE, T-KETO DHEA

## ENERGY

POPULAR: CAFFEINE, EPHEDRA,  
GREEN TEA, YOHIMBINE

## HEALTH

POPULAR: FISH OILS/OMEGA-3,  
VITAMIN D, GREENS

## MENTAL ACUITY

POPULAR: FISH OILS/OMEGA-3, GINKGO BILOBA,  
GINGENG, VITAMIN B COMPLEX

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ADENOSINE TRIPHOSPHATE (ATP)

AGMATINE

ALPHA-GPC

ALPHA-LIPOIC ACID (ALA)

ARGININE MASS BUILDER, STRENGTH

ASTAXANTHIN

ASHWAGANDHA

ASTAXANTHIN

AYURVEDA SKIN

BANABA LEAF EXTRACT

BETA-ALANINE

BETA-CAROTENE

BETA-ECYSTERONE

BETAINE

BETA-PHENYLETHYLAMINE

BIOPERINE (PIPERINE)

BOVINE COLLAGEN

BRANCHED-CHAIN AMINO ACIDS (BCAA)

CAFFEINE

CALCIUM

CAPSAICIN

CARNITINE

CARNOSINE

CHITOSAN

CASEIN PROTEIN

CHOLINE

CHOCAMINE

CHONDROITIN

CHROMIUM

CHRYSLIN

CINNAMON EXTRACT

CITRULLINE MALATE ENERGY PRODUCTION

COLLAGEN HYDROLYSATE/GELATIN

CONJUGATED LINOLEIC ACID (CLA)

COENZYME Q10 (COQ10)

CREATINE

CURCUMIN

D-ASPARTATE

DAMIANA

DEHYDROEPIANDROSTERONE (DHEA)

DIGESTIVE ENZYMES

DINDOLE/DINDOLYL METHANE (DIM)

DIMETHYLBAMINETHANOL (DMAE)

DIMETHYLBUTYLAMINE

EGG PROTEIN

EPHEDRA

EURYCOMA LONGIFOLIA JACK

EVODIAMINE

FENUGREEK

FIBER HEALTH, FAT LOSS

FISH OIL

5-HYDROXYTRYPTOPHAN (5-HTP)

FLAVONOIDS

FOLIC ACID

FORMOLIN

FUCOXANTHIN

GABA (GAMMA-AMINOBUTYRIC ACID)

GLA (GAMMA-LINOLENIC ACID)

GINGER

GINKGO BILOBA

GINGENG

GLUCOSAMINE

GLUCURONOLACTONE

GLUTAMINE

GLYCOCYAMINE

GOLI BERRIES

GREEN TEA

GREENS

GUARANA EP

HMB (BETA-HYDROXY-BETA-METHYLBUTYRATE)

HYDROXYCITRIC ACID (HCA)

INOSINE

INOSITOL

IRON

KROLL

LYCOPENE

LYSINE

MCT OIL

MACA EP

MAGNESIUM

MILK THISTLE

N-ACETYL-CYSTEINE (NAC)

N-ACETYL L-TYROSINE

NIACIN

NICOTINAMIDE ADENINE DINUCLEOTIDE (NADH)

NITRATE

NORVALINE

OCTACOSANOL

OMEGA-3

ORNITHINE ALPHA-KETOGLUTARATE (OKG)

PHAGEDILUS VULGARIS

PHENYLALANINE

PHOSPHATIDYL-SERINE (PS)

POTASSIUM

PROBIOTICS

PSYCHOGENOL

PYRUVATE

QUERCETINOL

RASPBERRY KETONES

RESVERATROL

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SAME (S-ADENOSYL-METHIONINE)

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VITAMIN K

VITARGO

WHEY PROTEIN

YERBA MATE

YOHIMBINE

ZINC

ZMA

# Supplements Guide

**Annelies Wilder-Smith**



## Supplements Guide:

**The Health Professional's Guide to Popular Dietary Supplements** Allison Sarubin-Fragakis, 2007 Twenty nine new dietary supplements have been added to this edition This guide comprehensively explores the media claims drug supplement interactions dosage information and relevant research for more than 100 of today s most popular dietary supplements Completely revised updated and indexed information is provided for dietetics professionals and their clients Written by industry experts this guide s recommendations are reliable and backed by credible clinical research *The Health Professional's Guide to Dietary Supplements* Shawn M. Talbott, Kerry Hughes, 2007 This quick glance reference helps students and health professionals educate themselves and their patients clients about the scientific evidence for and against more than 120 popular dietary supplements Supplements are logically grouped into 12 chapters based on their primary desired effect such as weight loss joint support and sports performance enhancement The authors give each supplement a one to five star rating based on the level of scientific substantiation for each of its major claimed effects The book highlights crucial safety issues regarding each supplement and sets forth recommended dosages for particular effects A quick reference appendix lists all the supplements alphabetically with their star ratings *The Supplement Handbook* Mark Moyad, Janet Lee, 2014-11-04 Nearly half of Americans use supplements and many more are curious about them yet questions abound Will feverfew help my migraines Are there any vitamins that will keep my skin clear Does lysine really prevent cold sores Are there herbs I can take to boost my mood Are any of these things safe Mark Moyad MD MPH is the only physician in the United States who has an endowed position to study vitamins minerals herbs and other supplements For the past 25 years he s been researching supplements using them in his practice and traveling the country giving lectures to laypeople and physicians about what works and what s worthless in the world of drugs and supplements Based on the latest research as well as Dr Moyad s clinical experience The Supplement Handbook will guide you through the proven or debunked treatment options for more than 100 common conditions everything from arthritis heartburn and high cholesterol to fibromyalgia migraines and psoriasis Dr Moyad provides clear guidelines sifting through conflicting information for a definitive answer you can use today He does not hesitate to point out which remedies are overhyped useless and even harmful He even ranks the most effective options so you know which remedies to try first and he s honest about when over the counter or prescription drugs are the better option More than an overview The Supplement Handbook delivers prescriptive reliable advice Whether you re an alternative medicine convert or an interested but confused supplement novice this comprehensive evidence based guide is sure to become a must have reference in your home *Health Professional's Guide to Dietary Supplements* Taylor Wallace, 2021-10 *Food Additives, Nutrients & Supplements A-to-Z* Eileen Renders, 1999 This unique and easy to use layman s reference takes the mystery out of the bewildering array of health and labelling information we confront every time we go to the supermarket Using this simple guide to the most important food elements and additives

readers can find out everything the average person needs to know to make healthy choices in eating and dietary supplementation Offering quick authoritative answers in plain language and a convenient format *Renders book* is the only up to date reference that includes all these important topics under one cover     **A Guide to Understanding Dietary**

**Supplements** Shawn M Talbott,2012-11-12 Written by one of the foremost experts on sports nutrition and performance A Guide to Understanding Dietary Supplements takes a critical look at the dietary supplement industry With an estimated 60 percent of adult Americans using dietary supplements every day the need for a thorough examination of the hundreds of products on the market is long overdue This comprehensive guide Selected as an Outstanding Academic Title by Choice Magazine presents straightforward analysis from a consumer s perspective giving you the facts on more than 140 supplements and information on which supplements work and which don t for a wide range of health conditionsfrom preventing cancer and heart disease to fighting diabetes and depression United States Department of Agriculture surveys show that more than 70 percent of Americans fail to achieve daily recommended levels for many vitamins and minerals With today s emphasis on fitness millions are investing their money and health in quick fix solutions supplements promoted as cure alls to right nutritional wrongs lower the likelihood of disease and work dietary miracles A Guide to Understanding Dietary Supplements presents a more realistic view of supplements as neither miracle cure nor nutritional sham but as consumer products to be accepted or rejected based on scientific fact not fitness fantasy A Guide to Understanding Dietary Supplements looks at the pros and cons of dietary supplements in the areas of weight loss bones and joints energy brain and mood heart eye and gastrointestinal health male and female health cancer diabetes and the immune system sports and ergogenic aids In addition the book presents an overview of the dietary supplement industry and the regulations that govern it and looks at the process for developing new products Designed to cut through the confusion surrounding dietary supplements A Guide to Understanding Dietary Supplemens is an invaluable resource for students educators and professionals who deal with nutrition exercise physical education nursing and anyone else interested in health and fitness

*United States Official Postal Guide* ,1916     **The Minneapolis** ,1915     **Guide to U.S. Government Publications** ,2008-08 This comprehensive yet concise annual annotated reference source catalogs the important series periodicals and reference tools published by U S government agencies Over the years the index section of the Guide to U S Government Publications has expanded to more than 40 000 entries Agencies and titles are indexed followed by a keyword title index for quick and easy referencing No other single resource provides historical and current information on U S government publications in one place     **Physicians' Desk Reference Supplements** Medical Economics Company,Medical Economics Staff,PDR Staff,2001 PDR Supplements provides important updates between annual editions It fits neatly inside the front cover of the PDR where they always are available for ready reference     **Exporters' Encyclopaedia** ,1920     **The Complete Guide to Vitamins, Herbs, and Supplements** Winifred Conkling,David Y. Wong,2024-02-27 Take the natural way to

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**United States Official Postal Guide** United States. Post Office Department, 1916 Post Office Appropriation Bill, 1923 United States. Congress. House. Committee on Appropriations, 1922 **Resources in Education**, 1979

Management Information Guide, 1970 **The Essential Guide to Vitamins, Minerals and Herbal Supplements** Sarah Brewer, 2013-07-25 A bewildering range of vitamin mineral and herbal supplements is now widely available to us all but information about their health benefits cannot be given on the packaging as it would constitute a health claim In this jargon free guide leading expert on sensible supplementation Dr Sarah Brewer sets out all you need to know about the main supplements and suggests which to take for specific health problems It includes A Z guide to 150 supplements for a brighter and healthier life Clearly explains the benefits possible side effects and contraindications Thoroughly sets out the research evidence to back their efficacy Recommends supplements for common problems such as IBS chronic fatigue recurrent candida and arthritis Packed with clear and concise answers this essential guide explains the use of supplements to maintain or improve your daily health Catalogue of Insurance Publications, American and Foreign Spectator Company (New York, N.Y.), 1922 *The Seed World*, 1919 A Reader's Guide to Contemporary Literature William Swan Sonnenschein, 1896

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