

Six Dietary Supplements You Should Know About

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I. Whey Protein

A. Muscle growth potential

1. Quality of amino acids in whey protein compared to casein and soy
2. Branched chain amino acids

B. Impact on Immune function

1. Cysteine composition
2. Glutathione as an anti-oxidant

II. NO XPLODE: muscle-building formulas

A. Performance enhancing ingredients - Blends of amino acids

1. L-Arginine - aerobic capacity enhancer
2. Tyrosin
3. Taurine
4. Citruline Malate

B. Energy nutrients

1. Carbohydrate
2. Protein
3. Fat

C. Caffeine

III. Chaser: Anti-hangover formulas

A. Herbs on alert

1. Cinchona - probably unsafe
2. Lobelia - probably unsafe
3. Nux Vom - unsafe

B. Other herbs to be aware of

1. Rutaecarpine
2. Gynostemma Pentaphyllum

IV. Caralluma Fimbriata – weight loss supplement (Slimaluma ®, Biospeed SLIM®)

A. Plant appetite suppressant

1. proposed action
2. like products – hoodia gordonii

B. Efficacy

1. Clinical trials
2. Formulations with other potential weight loss aids

V. Electrolyte strips & tablets

A. Composition – ingredients and amounts

1. Electrolytes – sodium, potassium
2. Vitamins

B. Hydrations and hyponatremia prevention claims

1. Delivery formats
2. Relevant amounts of electrolytes

VI. Energy Drinks

A. Composition and proposed action

1. Taurine, inositol and other non-essential nutrients
2. Vitamin and mineral profile

B. Uses and concerns

1. Caffeine
2. B-vitamin intake