



# Supplements for Strength-Power Athletes

*Jose Antonio, Jeffrey Stout*

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In *Supplements for Strength-Power Athletes*, you can cut through all the hype and find the information you need on 30 top supplements. Find out which supplements to use—and which to avoid—to maximize your performance. You'll learn what the supplements are, how they work, how to use them, and the precautions necessary for safe and healthy use. Some of the supplements detailed include

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- branched-chain amino acids,
- chromium,
- glycerol,
- glutamine,
- caffeine,
- octacosanal,
- sodium citrate, and
- zinc-magnesium complex.

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