REFERENCES
AND RESOURCES

NSF Approved Supplements
www.nsfsport.com/listings/certified_products.asp

NCAA Banned Substance List
Drug+Testing/Resources

WADA Prohibited List
www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-
Anti-Doping-Organizations/International-Standards/Prohibited-List
Chapter 1


**Chapter 2**


**Chapter 3**

*Acai Berry*


**Acetyl-L-Carnitine (ALC or ALCAR)**


**Acetylcysteine**


**Alpha-Lipoic Acid**


References


**Arginine**


**Aspartates**


**Astragalus**


**Avocado Soybean Unsaponifables (ASU)**


**Beetroot**


**Beta-Alanine**


**Beta-Carotene**


**Beta Glucan**


**Betaine**


References


**Boron**


**Boswellia Serrata**


**Branched-Chain Amino Acids (BCAAs)**


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**Bromelain**


Maurer HR. Bromelain: Biochemistry, pharmacology and medical use. *Cellular and Molecular Life Sciences.* August 2001; 58(9): 1234-1245.


**Caffeine**


**Calcium**


**Capsicum**


References


**Carbohydrates**


**Casein**


**Cat's Claw**


**Chia Seeds**

Human Performance Laboratory, Department of Kinesiology, University of Alabama, Auburn, Alabama, USA. tillian@ia.ua.edu


**Chitosan**


**Choline**


**Chondroitin**


**Chromium Picolinate**


**Chrysin**

References


**Cinnamon**


**Citrulline Malate (CM)**

References


**Cocoa**


**Coconut**


**Coenzyme Q10**


**Colostrum**


**Conjugated Linoleic Acid (CLA)**


**Copper**


**Cordyceps Sinensis**


**Creatine**


**Curcumin**
References


**Dehydroepiandrosterone (DHEA)**


**Devil’s Claw**


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**Dimethylamylamine (DMAA)**


References


**D-Ribose**


**Ecdysteroids**


Echinacea


Egg Protein


Elderberry

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Fenugreek

Fiber

5-Hydroxytryptophan (5-HTP)

Flaxseed
GABA

Goldberg JS. Selected gammaaminobutryic acid (GABA) esters may provide analgesia for some central pain conditions. *Perspectives in Medicinal Chemistry*. 2010; 4: 23-31.


Gamma-Linolenic Acid (GLA)


Garlic


Ginger


**Ginkgo Biloba**


**Ginseng**


**Glucosamine**


**Glutamine**


**Glutathione**


**Gotu Kola**


**Grape Seed**


**Gymnema Sylvestre**


**Hoodia Gordonii**


MacLean D., Duo L. Increased ATP content/production in the hypothalamus may be a signal for energy-sensing of satiety: studies of the anorectic mechanism of a plant steroidal glycoside. *Brain Research.* 2004; 1020: 1-11.

**Horny Goat Weed**


**Hydroxy-Beta-Methylbutyrate (HMB)**


References


**Hydroxycitric Acid**


**Inosine**


**Iron**


DellaValle DM, Hass JD. Impact of iron depletion without anemia on performance in trained endurance athletes at the beginning of a training season: a study of


Isomaltulose


Leucine


Magnesium (Mg)


**Maral Root**


**Medicinal Mushrooms**


**Medium-Chain Triglycerides (MCTs)**


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**Melatonin**


**Methylsulfonylmethane (MSM)**


**Naringin**


Omega-3 Fatty Acids

Ornithine

Pantothenic Acid
References


**Phosphate Salts**


**Phosphatidylserine**


**Piperine**


**Potassium**


**Probiotics**


**Pycnogenol**


**Pyruvate**


References


**Quercetin**


**Resveratrol**


Rhodiola Rosea


Riboflavin


Rutaecarpine


Wang GJ, Wu XC, Chen CF, Lin LC, Huang YT, Shan J, Pang PKT. Vasorelaxing action of rutaecarpine: Effects of rutaecarpine on calcium channel activities in

**S-adenosyl methionine (SAME)**


**Salt**


**Sea Buckthorn**


**Selenium**


**SierraSil**


**Sodium Bicarbonate and Sodium Citrate**


**Soy Protein**


**Superoxide Dismutase (SOD)**


**Synephrine**


**Tart Cherry**


**Taurine**


**Thiamine**


**Tribulus**


**Tyrosine**


**Undenatured Type II Collagen**


**Valerian**


**Vanadium**


**Vitamin B12**


**Vitamin C**


**Vitamin D**


**Vitamin E**


**Whey Protein**


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Withania Somnifera


Zinc


References


ZMA


Chapter 4

Master-Level Athletes


Children and Adolescent Athletes


**Female Athletes**


References


**Injured Athletes**


**Athletes With Diabetes**


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Vegetarian Athletes


**Athletes Competing in Hot and Cold Environments**


**Athletes Competing at Altitude**


