Find answers to these items. We know nutrition is vital to success of the body’s daily performance. In learning further about nutrition and physical conditioning of the body, are supplements the way to go?

What is the purpose of supplements?

What does the governemtn do to protect us from bad supplements?

NAME define it specific example/condition

Protein

Triglyceride

Energy

Dehydration

Manorexia

Fatigue

Female athlete triad

Supplement Name Supplement Purpose/Goal Dosage Cost Suggested Age & Where to buy

CoQ-10

Agmatine

Amplified Wheybolic

Boost

Probiotic

Flaxseed

Apple Cider Vinegar

Creatine

L-Arginine

Niacin

Folic Acid