

NAME _____

Ergogenic Aids

Choose a nutritional supplement from the list provided and complete the following questions related to the nutritional value, athletic enhancement, adverse side effects and causes for concern. The following research will be presented to the class, be thorough and precise with your findings. Providing false or inaccurate information could inhibit performance and adversely affect one's health.

Site your sources (at least 2 sources)

Supplement:

What is the proposed benefit of this supplement:

What is the recommended amount to establish this benefit:

Is this supplement found in any other natural food source, if so what specifically?

What are the adverse side effects of this supplement? (Even protein has adverse side effects if consumed too often or in mass quantities, find them)

What are alternate methods of training and/or diet that can be used to obtain the same benefits vs consuming the supplement?

NAME _____

Ergogenic Aids

- Amphetamines
- Anabolic Steroids
- Androstenedione
- Androstenediol
- Antioxidants
- Bee pollen
- Beta blockers
- Blood doping
- Caffeine
- Chromium Picolinate
- CLA
- Creatine
- DHEA
- Diuretics
- Ephedrine
- Folic Acid
- GHB
- Glucosamine
- Glutamine
- Glycerol
- Green Tea
- HMB
- Human Growth Hormone
- Niacin
- Omega-3 fatty acids
- Protein
- Stacker (Aspirin, Caffeine and Ephedra)
- Zinc