



SSN REQUIRED SUBJECT KNOWLEDGE

SPORTS SUPPLEMENTS

Subject matter for the following supplements includes - Description, Primary Functions, and General Information

Alpha-Lipoic Acid
Arginine
Beta-Alanine
Branched-Chain Amino Acids
Caffeine
Chromium Picolinate
Chrysin
Cinnamon
Citrulline Malate
Coconut Water
Coenzyme Q10
CLA
Creatine
DHEA
Devil's Claw
DMAA
Ginseng
Glucosamine & Chondroitin
Glutamine
Horny Goat Weed
HMB
HCA
Leucine
MSM
Omega-3
Potassium
Protein
Pyruvate
Quercetin
Rhodiola Rosea
Ribose
SAMe
Synephrine
Tart Cherry
Taurine
Tibulus
ZMA
Amino Acids

ADDITIONAL SUBJECT MATTER

Older Athletes – Supplement Needs

Younger Athletes – Supplement Needs

Female Athletes – Supplement Needs

Dietary Supplement Health and Education Act & NIH