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Statement, American Dietetic Association, Dietitians Of Canada, And The May 9th, 2024Dietary Supplements And Sports Performance: Amino AcidsSUPPLEMENTS Protein Is One Of The Most Popular Dietary Supplements Marketed To Athletes And Physically-active Individuals. Protein Supplements Have Been Recommended To Athletes To Enhance Nitrogen Retention And Increase Muscle Mass, To Prevent Protein Catabolism During Prolonged Exercise, To Promo Feb 13th, 2024.

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