

# Know Your Supplements

Understanding the Effectiveness and Safety of Popular Supplements to Improve Performance

Supplement	Claim	Dosage	Effectiveness
Arginine	Increase blood flow, strength, and performance; improve recovery	2.9g (UL 20g daily)	Little to no effect
Beta-Alanine	Increase high intensity exercise capacity but may cause tingling sensation	4-6g daily	Strong evidence to support use
BCAAs	Increase exercise and recovery capacity; improved perception of fatigue	Up to 20g daily	Limited evidence to support
Caffeine	Increase energy and reduce fatigue; improve endurance activities	2-6mg/kg BW	Strong evidence to support use
Creatine Monohydrate	Increase strength, power, and muscle contraction; Increase performance in intense effort activities	5g daily	Strong evidence to support use
Citrulline	Improve performance through increased blood flow (nitric oxide)	3-6g	Limited evidence to support use
Glutamine	Improve recovery and increase performance in strengthening and muscle-building exercises	5g daily	Little to no effect



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