**Supplements Assignment**

* Fish Oil
* Magnesium
* Zinc
* Biotin
* Testosterone
* Caffeine
* Creatine
* Protein Powder
* Inject synthol
1. Where does this substance come from (natural/man-made)
2. Why do we take them? What does it do?
3. How does it work?
4. Cautions:

Long term effects

What if you take too much?

\*\*\* Find THREE difference websites to get your data. Perform a CRAAP test on each site.

1. Evaluate: What did the data say? Is this safe or is there not enough information?