**PERFORMANCE ENHANCERS—DON’T SWALLOW THE HYPE!**

https://www.canada.ca/content/dam/dnd-mdn/documents/health/nutrition/performance-enhancers.pdf

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| --- | --- | --- | --- | --- | --- |
| Type | Description | Marketing Claim | Effectiveness | Safety | Bottom Line |
| Branched Chain Amino Acids |  |  |  |  |  |
| Caffeine |  |  |  |  |  |
| Creatine |  |  |  |  |  |
| Energy Drinks |  |  |  |  |  |
| Glucosamine |  |  |  |  |  |
| Glutamine |  |  |  |  |  |
| Type | Description | Marketing Claim | Effectiveness | Safety | Bottom Line |
| Multi-Vitamins/Minerals |  |  |  |  |  |
| Nitric Oxide |  |  |  |  |  |
| Omega-3 Fatty Acids |  |  |  |  |  |
| Prohormones |  |  |  |  |  |
| Protein Powders |  |  |  |  |  |
| Raspberry Ketones |  |  |  |  |  |
| Synephrine |  |  |  |  |  |