

Download Optimum Nutrition For Your Child Mind Maximize Y

ENERGY + FOCUS: Natural caffeine from unroasted coffee seed, n-acetyl-l-tyrosine (an amino acid), and DMAE (a nutraceutical) provide steady energy and focus without the typical jitters and crash.² Avoid high-omega-6 vegetable oils like soybean oil, corn oil, cottonseed oil, sunflower oil, peanut oil, or margarines made from these oils. Instead, use heat-stable fats like coconut oil or red palm oil for cooking, and use macadamia nut oil or olive oil for cold dishes like salads. Nutrition Basics Supplements SKIN CARE External and Internal Supplements For Informational Use Only For more detailed information contact your health care provider

Anabolic steroids, also known more properly as anabolic–androgenic steroids (AAS), are steroidal androgens that include natural androgens like testosterone as well as synthetic androgens that are structurally related and have similar effects to testosterone.