How supplements affect muscle growth

Nutritional supplements are often associated with athletes and bodybuilders, but a KU professor is conducting a research project to determine whether they are in fact, effective and if they might be able to help older individuals with muscle loss. Trent Herda, assistant professor of health, sport and exercise science, is principal investigator of a study to determine whether whey protein and leucine have a measurable effect on anabolism, or muscle growth, in muscles in resistance training.

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Moriarty

The Economist (May 24, 2012)
Ichthyosaurs and the bends

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