



## Natural Power Builders: The Pros and Cons

*Winifred Conkling*

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CREATINE and ANDROSTENE: They're the natural supplements that scored with Mark McGwire--are they help or hype?

When Cardinals first baseman Mark McGwire broke baseball records with the most home runs in one season, he was hailed as an outstanding athlete--but he also made news for another reason. McGwire was taking Androstene (a brand-name for androstenedione) and creatine, two natural supplements used to build muscle and enhance athletic performance. But how much can sports supplements improve performance? How safe are they? And how ethical is the use of such supplements in sports? These and many other compelling questions about performance-enhancing supplements are expertly answered here, along with:

- +The hazards of steroids--both prescription and natural, and how the two compare
- +How safe it is for children and teens to take sports supplements
- +An overview of Androstene and other testosterone-enhancing supplements
- +How the use of amino acids such as creatine aids in performance
- +Other athletic-enhancing supplements, including antioxidants, vitamins, minerals, and more
- +Q&As, resources, and organizations of interest

Find out the pros and cons of all kinds of performance-enhancing sports supplements--culled from the latest research and coaches and athletes themselves--to see if you can safely benefit from these natural power builders.



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