Proceedings of the Sixth International Society of Sports Nutrition (ISSN) Conference and Expo
New Orleans, LA, USA. 14-15 June 2009
Edited by Chad Kerksick and Jose Antonio

http://www.jissn.com/supplements/6/S1

P1 Consuming a supplement containing branched-chain amino acids during a resistance-training program increases lean mass, muscle strength and fat loss
Jim Stoppani et al.

P2 Effects of beta-alanine supplementation on performance and body composition in collegiate wrestlers and football players
Benjamin Kern and Tracey Robinson

P3 Effect of eicosapentaenoic and docosahexaenoic acid on resting and exercise-induced inflammation and oxidative stress
Richard Bloomer et al.

P4 Acute effects of VPX Meltdown® on plasma catecholamines, free fatty acids, glycerol, metabolic rate, and hemodynamics in young men and women
Richard Bloomer et al.

P5 Thermogenic effect of Meltdown RTD™ energy supplement in young healthy college women
Stefanie Rashiti et al.

P6 The effect of ingesting a caffeine-enhanced sport drink on resting energy expenditures and blood pressure in females
Brian Klepacki et al.

P7 The anabolic hormone response to a lower-body resistance exercise bout in conjunction with oral BCAA supplementation
Bill Campbell et al.

P8 A comparison of hyperimmune egg protein and placebo for efficacy and safety among healthy young adults
Timothy Scheet et al.

P9 Influence of bottled water on rehydration following a dehydrating bout of cycling exercise
Daniel Heil and John Seifert

P10 The effects of low-fat skim chocolate milk on urinary hydration indices in a sample of Division I-AA cross country runners during off-season training sessions
Jamie Ghigiarelli et al.

P11 Effects of BIOCREAT Supplementation on Strength and Body Composition During an 8-week Resistance Training Program
Morgan Lewing et al.

P12 Effects of TESTOSURGE supplementation on strength, body composition and hormonal profiles during an 8-week resistance training program
Chris Poole et al.

P13 The effects of a starch based carbohydrate alone or in combination with whey protein on a subsequent bout of exercise performance – preliminary findings
Paul La Bounty et al.

P14 The effects of an acute dose of Rhodiola rosea on exercise performance and cognitive function
Eric Noreen et al.

P15 Effects of different carbohydrates and protein recovery mixtures on exogenous and endogenous substrate oxidation during subsequent exercise
Eva Warrick et al.

P16 The combined effects of a pre-workout supplement and three weeks of high-intensity interval training on critical velocity, anaerobic running capacity, training volume, and body composition in men and women
Abbie Smith et al.

P17 Effects of diet cycling during training on weight loss and resting energy expenditure: a preliminary analysis
Richard Kreider et al.

P18 Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun®, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males
Brian Shelmadine et al.

P19 The combined effects of exercise training and ingestion of a weight loss supplement on body composition and fitness parameters in college-aged males and females
Chad Kerksick et al.