

Name: _____ Date: _____ Period: _____

PDHPE Supplementation (2/3)

U K D H I I P Z D L W S D L S V F L M C W W L I
S U P P L E M E N T A T I O N P Q R P A V P L N
F U D W U J Y I H Q W H R E E F F O C F Z U U A
S V R Z F P F A T S O L U B L E J T O F E T E T
Q K C R E A T I N E P R O D U C T S E E R H Z H
I G V G P E R F R O M A N C E U H T Z I R Q R L
M Q N G I X J K T R C B C I H U A J T N X M H E
I F I X M N N N U P D Z H N F R M I U E L D E T
C E M M P M J L A R E N I M T S O W D A P Q N E
R D A A A H A A N L P W C R I N X E X P D I I J
O I T C I P X G X B Q J A N M Y W I E C Q H E D
N C I R R D R D N M C E X P I E N G N W M W S G
U A V O E C T O W E H W I I I Z D H A P U H A S
T C O N D A I H T W S O Y M Y E F T F M I C C P
R I R U V L E T O E W I L M X F E L Y Z C T T O
I N U T I Y B L E K I Q U T V R I O X R L A Y R
E E O R S Q S X X R T N V M S E C S E F A G E T
N G S I I U I F M I U D R O N B R S I Z C S D S
T O K E O L O Z P A J I L Z Y K X D B V P S S D
S G D N N R U Y Z P C U D P Y Y F X R X E Z C R
E R E T P S D R W F B E O I O D I N E N I A I I
K E J S R N H T L L Y F S J N F J J F X M J S N
K H F B H J J R E J Z C J K C K C Z T M S H P K
G T S M O O Q P H Y S I C A L A C T I V I T Y S

creatine products
macro-nutrients
sports drinks
weight loss
diuretic
coffee,
iodine

physical activity
slow heart rate
water-soluble
magnesium
athlete
mineral
whey

micro-nutrients,
supplementation
fat-soluble
nutrition
calcium
protein
zinc

impaired vision
ergogenic acid
performance
caffeine
caseine
vitamin