

# Ergogenic Aids

- Ergogenic aids are substances, techniques, and treatments that theoretically improve physical performance in addition to the effects of normal training
- Some of the more well-known aids include:
  - Protein supplements
  - Creatine
  - Ginseng
  - Anabolic-androgenic steroids



# Ergogenic Aids And Muscular Performance

**M Mosston**



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