Keywords: E ; P - ;
B - (BCAA); P - ;
E ; A ; N

Introduction

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Key supplements for endurance

A ,
:

Branched-chain amino acids (BCAAs):

8 .

Pre-workout formulas: C
- , ,
, ,
.

Electrolyte replenishment: C
,

.

Adaptogens: N R R
A
, , .

Selecting and integrating supplements

C
.
, ,

9,10 .

Conclusion

E ,
-

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, -