

Types of Supplements



Read the article: [Can supplements give you the edge](#)

Use the article to complete this table.

	Caffeine	Creatine	Amino Acids	Whey Protein
What is it meant to do?				
Who might use it?				

¹ <https://c2.staticflickr.com/4/3669/19500734343_36746cd7e8_b.jpg>