

Open Access

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 Rashti 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 Scheett 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.

Editors-in-Chief

Jose Antonio

Douglas S Kalman

Richard B Kreider

The *Journal of the International Society of Sports Nutrition (JISSN, <http://www.jissn.com/>)* is an open access journal published by BioMed Central. It is a peer-reviewed journal that covers various aspects of sports nutrition, supplementation, exercise metabolism, and/or scientific policies related to sports nutrition. JISSN (1550-2783) is indexed/tracked/covered by PubMed, PubMed Central, Thomson Reuters (ISI) and Scopus.

Contact BioMed Central
[supplements@
biomedcentral.com](mailto:supplements@biomedcentral.com)



BioMed Central
The Open Access publisher