'Sup with supplements? [1]

Week of:
Sep 06, 2019

What's the difference between vitamins and minerals? [2]

Dear Alice,

What is the difference between vitamins and minerals? It seems like most Americans are taking a lot of vitamins more than they need to. Is it good to take a lot of vitamins?

Read more [2]

Amino acid supplements [3]

Dear Alice,

Do amino acids work for muscle building? If so, which ones should I use? Are supplements just a rip-off?

Read more [3]

Is glucosamine supplementation for joints okay and effective? [4]

Dear Alice,

Is it true that taking a glucosamine supplement might improve joint strength and mobility? What exactly is glucosamine? Are there any side effects of taking glucosamine? And, if it is a good idea to take it, what dosage is recommended?

Many thanks.

Read more [4]
Creatine monohydrate supplement for strength? [5]

Dear Alice,

I lift weights for strength and body conditioning. I've taken a supplement called creatine monohydrate. I'd like to know if there are any known adverse effects of long term (several months or years) usage of this supplement.

Read more [5]

Vitamin A(bsolutely needed)? [6]

Dear Alice,

Why do you need vitamin A?

Read more [8]

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[1] https://goaskalice.columbia.edu/theme-week/sup-supplements