



## **Nutritional Q & A**

**By Matt Brzycki**

**D**espite the efforts of the scientific and academic communities, myths concerning nutrition continue to abound. The following questions are often asked about nutrition (and supplements):

**Q: Is it true that boron increases muscular size and strength?**

**A: Because of gross exaggerations by the sup-**

*plement industry, individuals have used boron thinking that it will increase their muscular size and strength. One study that was frequently cited by the supplement industry showed that boron increased serum testosterone concentration up to 300%. What the promoters did not mention was that the subjects in this study were postmenopausal women whose testosterone levels were quite low. In fact, these women had not received adequate boron intake*

*for the previous 119 days prior to the supplementation. In another study that involved 19 male bodybuilders (aged 20 - 27), the researchers concluded that boron supplementation had little effect on total testosterone, lean-body mass and muscular strength.*

**Q: Does caffeine affect my performance?**

**A: Caffeine - a stimulant of the central nervous**