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For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: FOOD SUPPLEMENT FOR INCREASING LEAN MASS AND STRENGTH

(57) Abstract: Food supplement compositions and their methods of use in increase lean mass and/or muscle size and/or strength in individuals, particularly, athletes is described. The food supplements described comprise a substance which increases nitric oxide production in the body, and, a source of amino acids. Other food supplements described comprise a substance which can enhance and/or mimic insulin activity, and a source of amino acids. The food supplement compositions described are suitable for supplementing the diet of an athlete and particularly for enhancing an athlete's muscle size or strength.

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