

Please Join

American Herbal Products Association, Council for Responsible Nutrition,
Consumer Healthcare Products Association, Natural Products Association and
United Natural Products Alliance

In Cooperation with the

Congressional Dietary Supplement Caucus

for a Luncheon Briefing on

Optimal Health and Wellness: Fitness Edition

Nutritional supplements can be very beneficial for an optimal health and wellness regimen. If you are an athlete (or weekend warrior) looking for ways to enhance your fitness performance, then supplements can be advantageous in achieving your goals. There is a wealth of science showing that incorporating nutritional supplements can help build and repair muscle, enhance exercise performance, improve endurance, support restorative sleep, and more. However, “fitness in a bottle” is a popular concept sometimes exploited by unscrupulous marketers. Dr. Chris D’Adamo, nationally recognized nutrition researcher, author and speaker, will provide a scientific perspective on advancements in sport supplementation and outline helpful hints for navigating pitfalls that may interfere with better health and fitness goals.



Speaker:

Chris D'Adamo, Ph.D.—Assistant Professor, Department of Family and Community Medicine
Department of Epidemiology and Public Health, University of Maryland; Director of Research,
Center for Integrative Medicine; Published, *Clinical Nutrition, Nutrition Research, Nutrients,*
Journal of Nutrition, Aging, and Health, American Journal of Health Promotion, Medicine and
Science in Sports and Exercise, American Journal of Preventive Medicine; Featured, USA Today,
Men’s Health, Natural Health, SHAPE Magazine, Food Network, AARP, Dr. Oz

Thursday, March 1 ★ 12:00 – 1:00 PM
340 Cannon HOB

We hope you will be able to attend this important briefing.
RSVP to Ingrid Lebert at ilebert@crnusa.org / 202.204.7699