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Gallagher, C, Austin, V, Dunlop, KA, Dally, J, Taylor, K, Pullinger, SA and Edwards, BJ

Effects of Supplementing Zinc Magnesium Aspartate on Sleep Quality and Submaximal Weightlifting Performance, following Two Consecutive Nights of Partial Sleep Deprivation

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Article

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Gallagher, C ORCID logoORCID: https://orcid.org/0000-0002-0712-4482, Austin, V ORCID logoORCID: https://orcid.org/0009-0000-0167-5673, Dunlop, KA, Dally, J, Taylor, K ORCID logoORCID: https://orcid.org/0009-0002-9084-5826. Pullinger. SA ORCID logoORCID: https://orcid.org/0000-0001-7680-

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Zn Intake /kg body mass (kg x 10⁻⁷)

Zn Intake /kg body mass (kg x 10⁻⁷)



Mg Intake /kg body mass (kg x 10⁻⁵)

Mg Intake /kg body mass (kg x 10⁻⁵)

Figure 3. Relationship between % change in average power @ 80 %1RM expressed per Zn Intake /kg body mass for (A) bench press for ZMA vs NoPill and (B) back squat for ZMA vs PLA. Or Mg Intake /kg body mass for (C) bench press for ZMA vs NoPill and (D) back squat for ZMA vs PLA.