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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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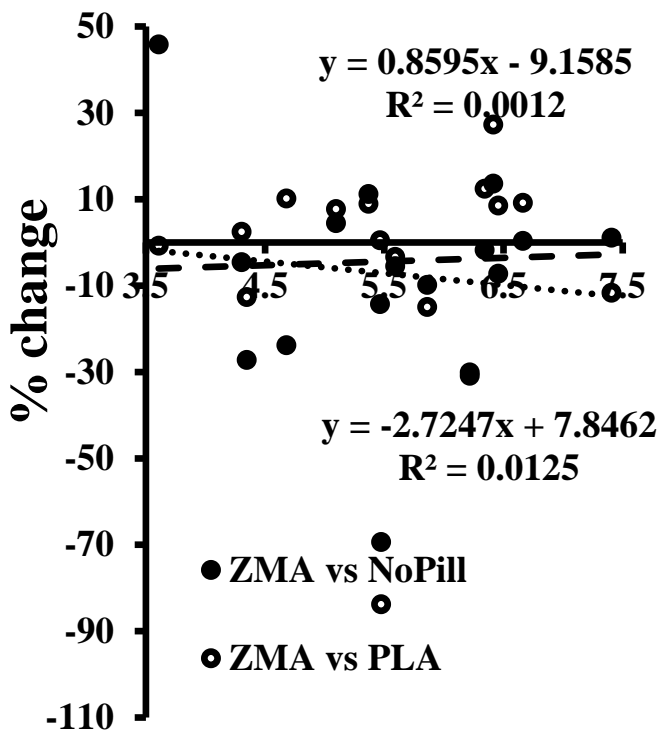
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Bench press

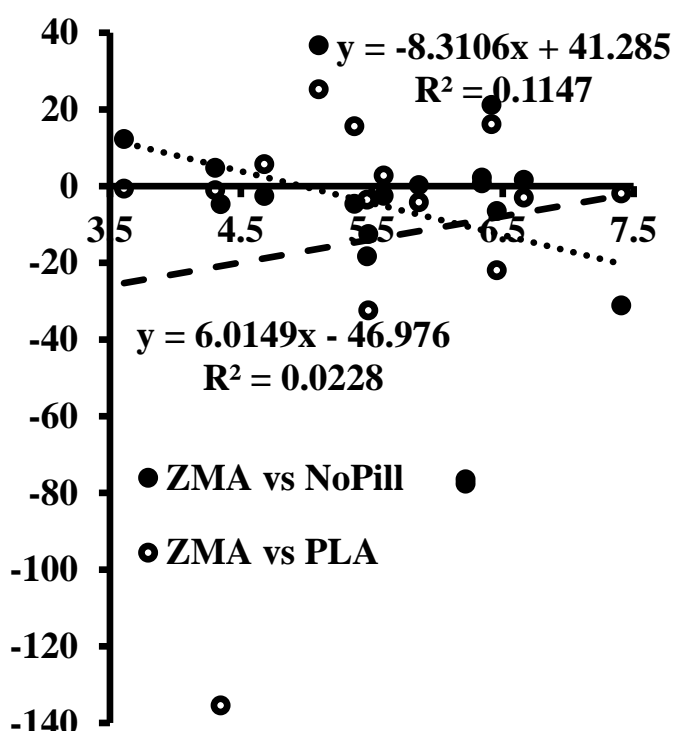
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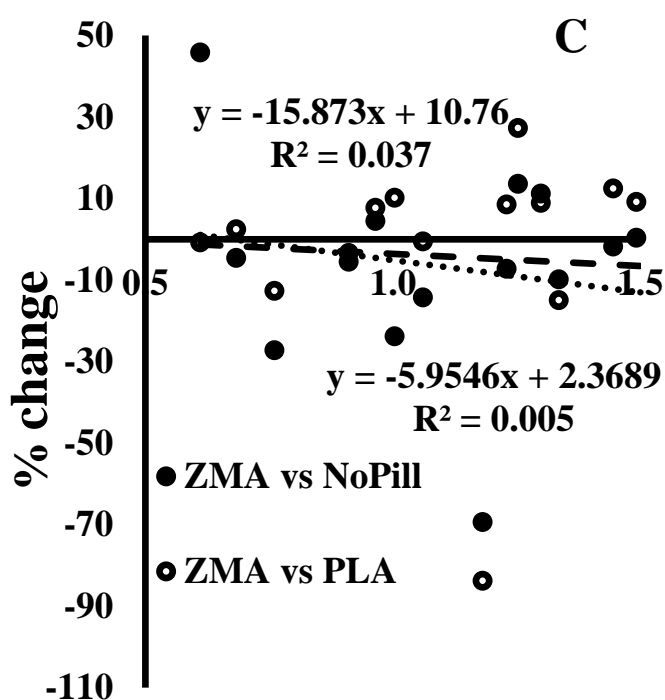
Zn Intake /kg body mass ($\text{kg} \times 10^{-7}$)

Back squat

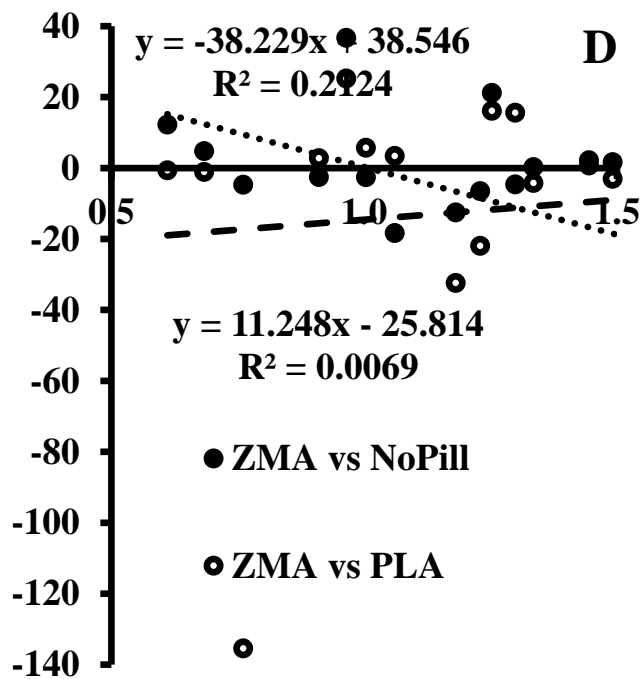
B



Zn Intake /kg body mass ($\text{kg} \times 10^{-7}$)



Mg Intake /kg body mass ($\text{kg} \times 10^{-5}$)



Mg Intake /kg body mass ($\text{kg} \times 10^{-5}$)

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.