

Substance list with daily doses (in mg) as present in food supplements and other foods.

Substance	Daily doses in food supplements	Daily doses in other foods
Conjugated linoleic acid	3500 mg, 3250 mg, 3000 mg	
Docosahexaenoic acid	1290 mg, 1050 mg	
Docosapentaenoic acid	150 mg, 125 mg, 100 mg	
Eicosapentaenoic acid	1825 mg, 1750 mg, 1500 mg	
L-Alanine	4500 mg, 4250 mg, 4000 mg, 3750 mg, 3500 mg	
L-Arginine	6800 mg, 6000 mg, 5500 mg, 5000 mg, 4500 mg, 4000 mg, 3500 mg, 3000 mg	
L-Aspartic acid	5700 mg, 5000 mg, 4500 mg, 4000 mg, 3500 mg, 3000 mg	
Beta-Alanine	2000 mg, 1500 mg, 1000 mg	
L-Citrulline	2000 mg, 1500 mg, 1000 mg	
L-Cystein	10 mg	
L-Cystin	1000 mg, 750 mg, 500 mg, 250 mg	
L-Glutamine	16500 mg, 15000 mg, 12000 mg, 10000 mg, 8000 mg, 5000 mg, 3500 mg	
L-Glutamic acid	5500 mg, 5000 mg, 4000 mg, 3000 mg, 2000 mg, 1000 mg	
Glycine	650 mg, 500 mg, 300 mg, 100 mg, 50 mg, 20 mg	
L-Histidine	600 mg, 550 mg	
L-Isoleucine	2500 mg, 2000 mg, 1750 mg, 1500 mg	
L-Leucine	5250 mg, 5000 mg, 4000 mg, 3000 mg, 2500 mg	
L-Lysine	3000 mg, 2750 mg, 2500 mg, 2000 mg, 1000 mg	
L-Methionine	700 mg, 600 mg, 500 mg, 300 mg, 200 mg	
DL-Phenylalanine	75 mg, 50 mg	
L-Phenylalanine	1000 mg, 750 mg, 500 mg, 250 mg, 100 mg	
L-Proline	1800 mg, 1500 mg, 1000 mg, 500 mg, 50 mg	
L-Serine	1750 mg, 1500 mg, 1250 mg, 1000 mg, 500 mg, 50 mg	
L-Threonine	2400 mg, 2000 mg, 1500 mg, 1200 mg, 1000 mg	
L-Tryptophan	450 mg, 300 mg, 250 mg	
L-Tyrosine	2000 mg, 1750 mg, 1500 mg, 1250 mg	
L-Valine	2500 mg, 2250 mg, 2000 mg, 1750 mg, 1500 mg	
Arginine-alpha-ketoglutarate	2000 mg, 1000 mg	
L-Carnitine	1500 mg	

L-Carnitine-L-tartrate	2250 mg	
Coenzyme Q10	100 mg	
Collagen from fish	750 mg	
Creatine	24000 mg, 10000 mg, 5000 mg, 3000 mg	
D-Ribose	6200 mg, 3100 mg	
Glucuronolactone		24 mg/100 ml
Inositol		10 mg/100 ml
Lecithin from sunflower	10100 mg	
Taurine	2000 mg, 1000 mg	300, 350, 400 mg/100 ml
Caffeine	300 mg, 100 mg	32 mg/100 ml
Curcumin	900 mg, 600 mg, 300 mg	
Isoflavones from soy	80 mg, 40 mg	
Lycopene	10 mg	
Piperine from black pepper	1.5 mg	
Inulin	3000 mg	