High temperature and sweat are also further sources for the assault of this fungus because it breeds in dark, moist places. If the goal of supplementation is to reduce soreness, a 6g dose, spread over the course of a day, will be effective.

Companies spent nearly as much on research and development in the dismal last quarter of 2008 as they did a year earlier, even as their revenue fell 7.7%, according to a Wall Street Journal analysis.