

Nutritional Questions & Answers

By Matt Brzycki



Despite the efforts of the scientific and academic communities, myths concerning nutrition continue to abound. The following questions are often asked about nutrition (and supplements):

Question: Is it true that boron increases muscular size and strength?

Answer:

Because of gross exaggerations by the supplement industry, individuals have used boron thinking that it will increase their muscular size and strength. One study that was frequently cited by the supplement industry showed that boron