

## Core VEGAN Product References



Banaszek, A., Townsend, J. R., Bender, D., Vantrease, W. C., Marshall, A. C., & Johnson, K. D. (2019). The Effects of Whey vs. Pea Protein on Physical Adaptations Following 8-Weeks of High-Intensity Functional Training (HIFT): A Pilot Study. *Sports (Basel, Switzerland)*, 7(1), 12.

Wolfe R. R. (2017). Branched-chain amino acids and muscle protein synthesis in humans: myth or reality?. *Journal of the International Society of Sports Nutrition*, 14, 30. <https://doi.org/10.1186/s12970-017-0184-9>

Dulloo, A. G., Fathi, M., Mensi, N. & Girardier, L. (1996) Twenty-four-hour energy expenditure and urinary catecholamines of humans consuming low-to-moderate amounts of medium-chain triglycerides: a dose-response study in human respiratory chamber. *Eur. J. Clin. Nutr.* 50:152-155.

Seaton, T. B., Welle, S. L, Warenko, M. K. & Campbell, R. G. (1986) Thermic effect of medium-chain and longchain triglycerides in man. *Am. J. Clin. Nutr.* 44:630-634.

Scalfi, L, Coltorti, A. & Contaldo, F. (1991) Postprandial thermogenesis in lean and obese subjects after meals supplemented with medium-chain and long-chain triglycerides. *Am. J. Clin. Nutr.* 53:1130-1133.

Bach, A. C. & Babayan, V. K. (1982) Medium-chain triglycerides: an update. *Am. J. Clin. Nutr.* 36:950-962.

Babayan, V. K. (1987) Medium-chain triglycerides and structured lipids. *Lipids* 22:417-420.

Joy, J. M., Lowery, R. P., Wilson, J. M., Purpura, M., De Souza, E. O., Wilson, S. M., Kalman, D. S., Dudeck, J. E., & Jäger, R. (2013). The effects of 8 weeks of whey or rice protein supplementation on body composition and exercise performance. *Nutrition journal*, 12, 86. <https://doi.org/10.1186/1475-2891-12-86>