

**Conference Date: October 07-08, 2023**

## **International Conference on SPORTS NUTRITION AND SUPPLEMENTS (ICSNS)**

### Conference Topics

### Hybrid Mode

- Sports Nutrition and Supplements
- Fruits , vegetables
- Grains , lean proteins
- Hydration needs
- Protein powders
- Vitamins and minerals
- Eating for Endurance
- Eating for Strength
- Eating for Competition
- neurological issues
- blood clotting issues
- Vitamins/Minerals , Fat

- Specialty , bone changes
- Herbal , Carbohydrates
- Sports Nutrition
- Weight Management
- Fatigue , Protein
- Mental Health, brittle nails
- hair loss or brittle hair
- visual or skin changes
- Oxidative Stress
- low fat dairy or dairy alternatives
- All the topics related to Sports Nutrition and Supplements**

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### Conference Website

<https://iircr.com/>

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