

## HLTH 147 | QUIZ 29 OF 29 (Lecture 34)

NAMES \_\_\_\_\_

**How does carbohydrate influence anabolic signaling?**

**How does fat influence anabolic signaling?**

**How does protein influence anabolic signaling?**

**What exercise applications do methylxanthines assist?**

**What is HMB? How might its supplementation work?**

**What is trimethylglycine? How might its supplementation work?**

**What is arachidonic acid? How might its supplementation work?**

**What is phosphatidic acid? How might its supplementation work?**

**What is the relationship between phosphatidylserine and cortisol?**