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| IDENTIFY | DESCRIBE | EXPLAIN (Why?) | ANALYSE (How?) | CRITICALLY ANALYSE (Implications) |
| Vitamins |  |  |  | POS:NEG: |
| Minerals |  |  |  | POS:NEG: |
| Protein |  |  |  | POS:NEG: |
| Caffeine |  |  |  | POS:NEG: |
| Creatine products |  |  |  | POS:NEG: |