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LIST OF ABBREVIATIONS

AAHPERD	-	American Alliance for Health, Physical Education, Recreation and Dance
ACSM	-	American Council for Sports Medicine
ATP	-	Adenosine triphosphate
BCCA	-	Branched chain aminoacid supplements
BMI	-	Body Mass Index
DAA	-	Dispensable aminoacid
ECW	-	Ethiraj College for Women
EER	-	Estimated energy requirement
EGCG	-	Epigallocatechin-3-gallate
GI	-	Glycemic Index
HC	-	Hip Circumference
HDL-C	-	High density lipoprotein cholesterol
HMB	-	Beta-Hydroxy Beta-Methylbutarate
ICMR	-	Indian Council for Medical Research
IDA	-	Iron deficiency anaemia
IOM	-	Institute of Medical Science
LDL-C	-	low density lipoprotein cholesterol
MPV	-	Mean platelet volume
MRA	-	Magnetic Resonance Imaging
MRPS	-	Meal replacement products
NATA	-	National Athletic Trainers' Association
NIN	-	National Institute of Nutrition
PA	-	Physical activity
PCT	-	Platelet cut
PC	-	Phospho creatine
PFA	-	Prevention of Food Adulteration

PEI	-	Physical Efficiency Ratio
PLT	-	The platelet count
PMS	-	Pre Menstrual Syndrome
QMC	-	Queen Mary's College
QMGCW	-	Quaid-e-Millath Government College for Women
RDW	-	Red blood cell distribution width
RED-s	-	Relative Energy Deficiency in sports (RED-s)
ROM	-	Range of Motion
RONS	-	Reactive Oxygen and Nitrogen Species
ROS	-	Reactive Oxygen Species
TBARS	-	Thiobarbituric acid reactive substance
WC	-	Waist Circumference
WHR	-	Waist Hip Ratio

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