Accepted Manuscript

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PII: S0899-9007(17)30095-3

DOI: 10.1016/j.nut.2017.05.005

Reference: NUT 9961

To appear in: Nutrition

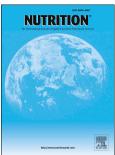
Received Date: 11 January 2017

Revised Date: 14 April 2017

Accepted Date: 8 May 2017

Please cite this article as: Rahimi MH, Shab-Bidar S, Mollahosseini M, Djafarian K, Branched chain amino acid supplementation and exercise induced muscle damage in exercise recovery: a meta-analysis of randomized clinical trials, *Nutrition* (2017), doi: 10.1016/j.nut.2017.05.005.

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ACCEPTED MANUSCRIPT

Branched chain amino acid supplementation and exercise induced muscle damage in exercise recovery: a meta-analysis of randomized clinical trials

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Short title: BCAA and muscle damage

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