To: The Editor

Sub: Submission of Manuscript for Publication

Dear Sir or Madam,

We intend to publish the article entitled “The Effect of a Carbohydrate and Protein Recovery Beverage on Performance in Trained Weightlifters” in your esteemed journal as an original manuscript. On behalf of all the contributors I will act and guarantor and will correspond with the journal from this point onward.

I attest that this article has not been previously published in any journal and is not under review with any other entities. The authors received no financial support during the creation or completion of this research project. The authors report no conflicts of interest with any entities.

We hereby transfer, assign, or otherwise convey all copyright ownership, including and all rights incidental thereto, exclusively to the journal, in the event that such work is published by the journal.

Thank you.

Sincerely,

Christopher Brian Taber

taberc@sacredheart.edu