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<!DOCTYPE html>
<html lang="en">
<head>
<title>Project3</title>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width, initial-scale=1">
<link rel="stylesheet" href="https://www.w3schools.com/w3css/4/w3.css">
<link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Poppins">
<style>
body,h1,h2,h3,h4,h5 {font-family: "Poppins", sans-serif}
body {font-size:16px;}
.w3-half img{margin-bottom:-6px;margin-top:16px;opacity:0.8;cursor:pointer}
.w3-half img:hover{opacity:1}
</style>
</head>
<body>

<!-- Sidebar/menu -->
<nav class="w3-sidebar w3-blue w3-collapse w3-top w3-large w3-padding"
style="z-index:3;width:300px;font-weight:bold;" id="mySidebar"><br>
  <a href="javascript:void(0)" onclick="w3_close()" class="w3-button w3-hide-large
w3-display-topleft" style="width:100%;font-size:22px">Close Menu</a>
  <div class="w3-container">
    <h3 class="w3-padding-64"><b>Useful <br>Supplements</b></h3>
  </div>
  <div class="w3-bar-block">
    <a href="#showcase" onclick="w3_close()" class="w3-bar-item w3-button
w3-hover-white">Suplements</a>
    <a href="#Creatine" onclick="w3_close()" class="w3-bar-item w3-button
w3-hover-white">Creatine</a>
    <a href="#Protein" onclick="w3_close()" class="w3-bar-item w3-button
w3-hover-white">Protein</a>
    <a href="#Pework Out" onclick="w3_close()" class="w3-bar-item w3-button
w3-hover-white">Pework Out</a>
    <a href="#contact" onclick="w3_close()" class="w3-bar-item w3-button
w3-hover-white">Contact</a>
  </div>
</nav>

<!-- Top menu on small screens -->
<header class="w3-container w3-top w3-hide-large w3-purple w3-xlarge w3-padding">
  <a href="javascript:void(0)" class="w3-button w3-purple w3-margin-right"
onclick="w3_open()">≡</a>
  <span>Useful Supplements</span>

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</header>

<!-- Overlay effect when opening sidebar on small screens -->

<div class="w3-overlay w3-hide-large" onclick="w3_close()" style="cursor:pointer" title="close side menu" id="myOverlay"></div>

<!-- !PAGE CONTENT! -->

<div class="w3-main" style="margin-left:340px;margin-right:40px">

<!-- Header -->

<div class="w3-container" style="margin-top:80px" id="showcase">

<h1 class="w3-jumbo">Useful Supplements</h1>

<h1 class="w3-xxlarge w3-text-red">Supplements</h1>

<hr style="width:50px;border:5px solid red" class="w3-round">

</div>

<!-- Photo grid (modal) -->

<div class="w3-row-padding">

<div class="w3-half">

</div>

<div class="w3-half">

</div>

<!-- Modal for full size images on click-->

<div id="modal01" class="w3-modal w3-black" style="padding-top:0" onclick="this.style.display='none'">

x

<div class="w3-modal-content w3-animate-zoom w3-center w3-transparent w3-padding-64">

<p id="caption"></p>

</div>

</div>

<!-- Creatine -->

<div class="w3-container" id="Creatine" style="margin-top:75px">

<h1 class="w3-xxlarge w3-text-red">Creatine</h1>

<hr style="width:50px;border:5px solid red" class="w3-round">

<p>Creatine is a substance found naturally in muscle cells. It helps your muscles create energy during heavy lifting or high intensity exercises.</p>

<p>Taking creatine as a supplement is very popular among athletes and bodybuilders. It is used to gain muscle, enhance strength, and improve exercise performance.

Creatine shares many similarities with amino acids, important compounds in the body that help build protein.

</p>

</div>

<!-- Protein -->

<div class="w3-container" id="Protein" style="margin-top:75px">

<h1 class="w3-xxlarge w3-text-red">Protein</h1>

<hr style="width:50px;border:5px solid red" class="w3-round">

<p>Protein is a key macronutrient that is a building block of muscle, bone, cartilage, and skin. It's important to eat enough protein as well as to get good quality sources of protein.</p>

<p>It's common for bodybuilders and athletes to use protein powders to meet their higher need, however, most people already get enough protein in their diet.

Most people will not need a protein powder, but they can be a useful tool if someone is not getting enough protein in their diet or wants to add an easy source of protein to a quick snack like a smoothie

</p>

</div>

<!-- Pre Workout -->

<div class="w3-container" id="Pework Out" style="margin-top:75px">

<h1 class="w3-xxlarge w3-text-red">Pework Out</h1>

<hr style="width:50px;border:5px solid red" class="w3-round">

<p>Pre-workouts are a blend of various individual supplements used to enhance energy, focus, and muscle protein synthesis.

It allows for benefits of these ingredients, you need a high concentration to feel the true effects — something that may be difficult if choosing the "natural source" route.

</p>

</div>

<!-- Contact -->

<div class="w3-container" id="contact" style="margin-top:75px">

<h1 class="w3-xxlarge w3-text-red">Contact.</h1>

<hr style="width:50px;border:5px solid red" class="w3-round">

<p>If you have more questions about these supplements, contact me and I will assist you as soon as possible.</p>

<form action="/action_page.php" target="_blank">

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<div class="w3-section">
  <label>Name</label>
  <input class="w3-input w3-border" type="text" name="Name" required>
</div>
<div class="w3-section">
  <label>Email</label>
  <input class="w3-input w3-border" type="text" name="Email" required>
</div>
<div class="w3-section">
  <label>Message</label>
  <input class="w3-input w3-border" type="text" name="Message" required>
</div>
  <button type="submit" class="w3-button w3-block w3-padding-large w3-red
w3-margin-bottom">Send Message</button>
</form>
</div>

<!-- End page content -->
</div>
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<script>
// Script to open and close sidebar
function w3_open() {
  document.getElementById("mySidebar").style.display = "block";
  document.getElementById("myOverlay").style.display = "block";
}

function w3_close() {
  document.getElementById("mySidebar").style.display = "none";
  document.getElementById("myOverlay").style.display = "none";
}

// Modal Image Gallery
function onClick(element) {
  document.getElementById("img01").src = element.src;
  document.getElementById("modal01").style.display = "block";
  var captionText = document.getElementById("caption");
  captionText.innerHTML = element.alt;
}
</script>

</body>
```

</html>