## FLORIDA STATE UNIVERSITY COLLEGE OF HUMAN SCIENCES

## THE EFFECTS OF PRE-SLEEP DAIRY- OR PLANT-BASED PROTEIN CONSUMPTION ON MUSCLE RECOVERY FOLLOWING MORNING ECCENTRIC EXERCISE IN MIDDLE-AGED MEN

By

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A Dissertation submitted to the
Department of Nutrition, Food, and Exercise Sciences
in partial fulfillment of the
requirements for the degree of
Doctor of Philosophy

Patrick George Saracino defended this dissertation on March 2, 2020.

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