THE TRIAD SPECTRUMS **Optimal Energy** Availability Reduced Energy Availability with or without Disordered Eating Low Energy Availability Eumenorrhea Optimal Bone with or without an Eating Disorder Hoalth Subclinical Menstrual Disorders I OW RMD Functional Hypothalamic Osteoporosis Amenorrhea

The gray arrows represent the three spectrums of the female athlete triad, and the black arrows indicate causal connections between the triad's components.

Source: "The Female Athlete Triad." Position Stand, American College of Sports Medicine, 2007. Medicine & Science in Sports & Exercise 39, no. 10: p. 1868.