

## The Athletes Guide to Sports Supplements

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## Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

## THE ATHLETES GUIDE TO SPORTS SUPPLEMENTS



Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.9in. x 6.9in. x 0.8in.A countless number of new, renamed, and variations of sport supplements flood the market each year. Many of these are accompanied by slick marketing campaigns promising too-good-to-be-true results. For athletes seeking a safe, effective edge to their training and performance, supplements can be a confusing and serious matter. The Athletes Guide to Sports Supplements separates fact from fiction, provides quick answers to the most common questions, and delivers information you can trust. Sport nutrition and supplement experts Kimberly Mueller and Josh Hingst provide concise descriptions for 120 of todays most popular supplements. For each entry, youll discover what it is, how it works, potential performance benefits, research studies and outcomes, dosage recommendations, and possible health concerns. Youll also find recommendations for masters athletes, those competing in extreme environments, and those with special dietary needs, such as food allergies, diabetes, and vegetarian. Best of all, each supplements for a particular purpose, such as recovery, endurance, and strength. And for ease of searching, many of the supplements are thoroughly cross-referenced by scientific and popular names. With more than 120 supplements, recommendations for all athletes at all levels, and expert advice that you can immediately apply. The Athletes Guide to Sports Supplements is the one training and performance resource youll turn to again and again. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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