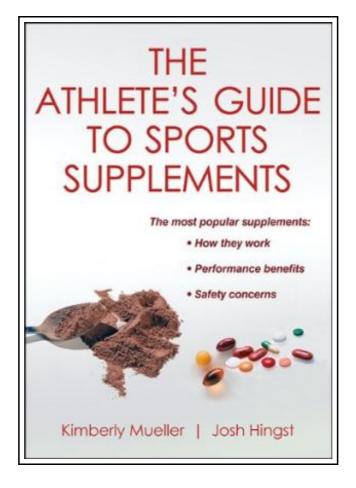
## The Athletes Guide to Sports Supplements



Filesize: 7.92 MB

### Reviews

Comprehensive information for book lovers. This is for all who statte that there had not been a worth studying. Its been printed in an remarkably simple way which is simply following i finished reading through this pdf where actually modified me, change the way i think. (Rebekah Smith)

#### 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 supplement is listed alphabetically, providing quick and easy navigation throughout the book. Alternatively, use the supplement finder to locate 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.



Read The Athletes Guide to Sports Supplements Online
Download PDF The Athletes Guide to Sports Supplements

#### Other eBooks



#### DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

Read Document »



# Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Document »



# Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Read Document »



### The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

Read Document »



#### DK Readers Disasters at Sea Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate...

**Read Document »**