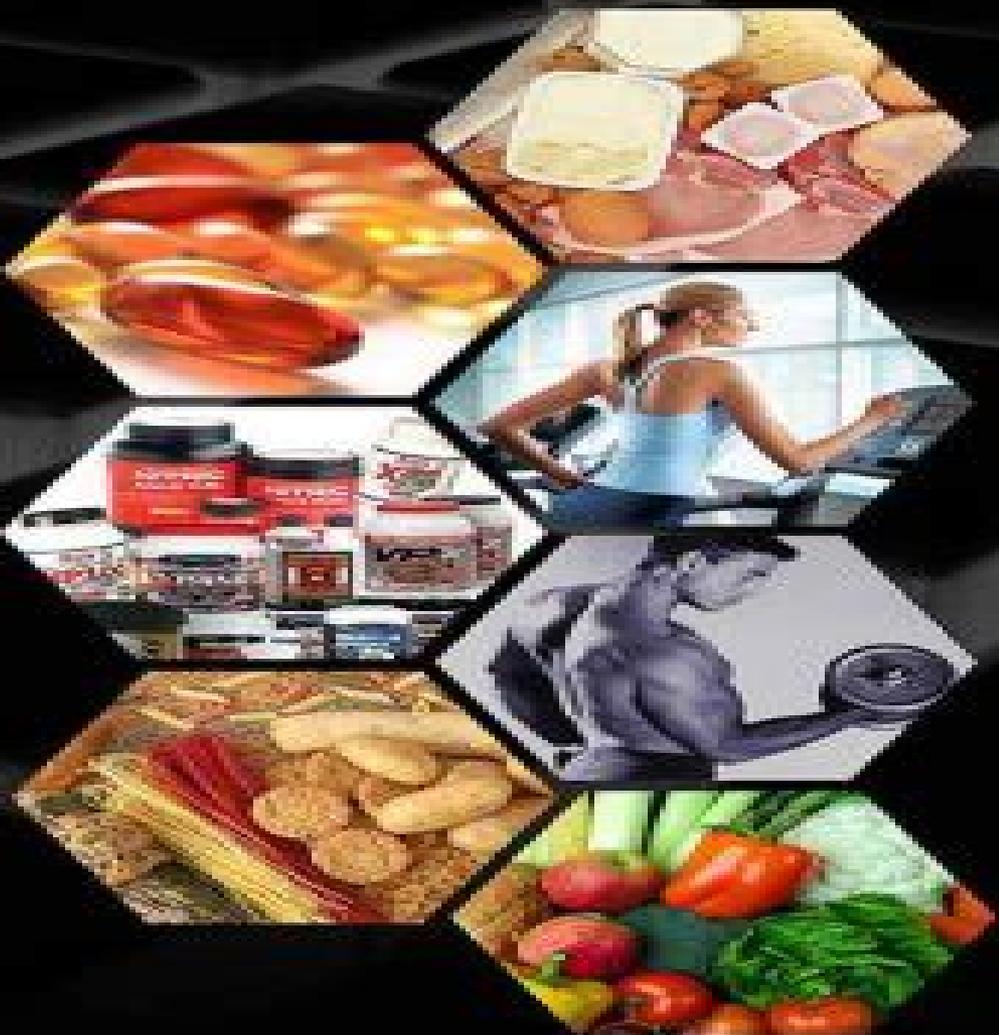


SPORTS NUTRITION & PERFORMANCE ENHANCING SUPPLEMENTS



Abbie E. Smith-Ryan, PhD, CSCS[®]D, CISSN
Jose Antonio, PhD, FNSCA, FISSN, CSCS

Sports Nutrition Performance Enhancing Supplements

Dr. Monika Wasuja



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Krause's Food & the Nutrition Care Process, MEA edition E-Book L. Kathleen Mahan, Janice L Raymond, 2016-12-08 *Krause's Food the Nutrition Care Process MEA edition E Book* *Nutritional Supplements in Sport, Exercise and Health* Linda M. Castell, Samantha J. Stear, Louise M. Burke, 2015-04-17 *Nutritional Supplements in Sport Exercise and Health* is the most up to date and authoritative guide to dietary supplements ergogenic aids and sports nutrition foods currently available Consisting of over 140 evidence based review articles written by world leading research scientists and practitioners the book aims to dispel the misinformation that surrounds supplements and supplementation offering a useful balanced and unbiased resource The reviews are set out in an A Z format and include definitions alongside related products applicable food sources where appropriate practical recommendations such as dosage and timing possible nutrient interactions requiring the

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