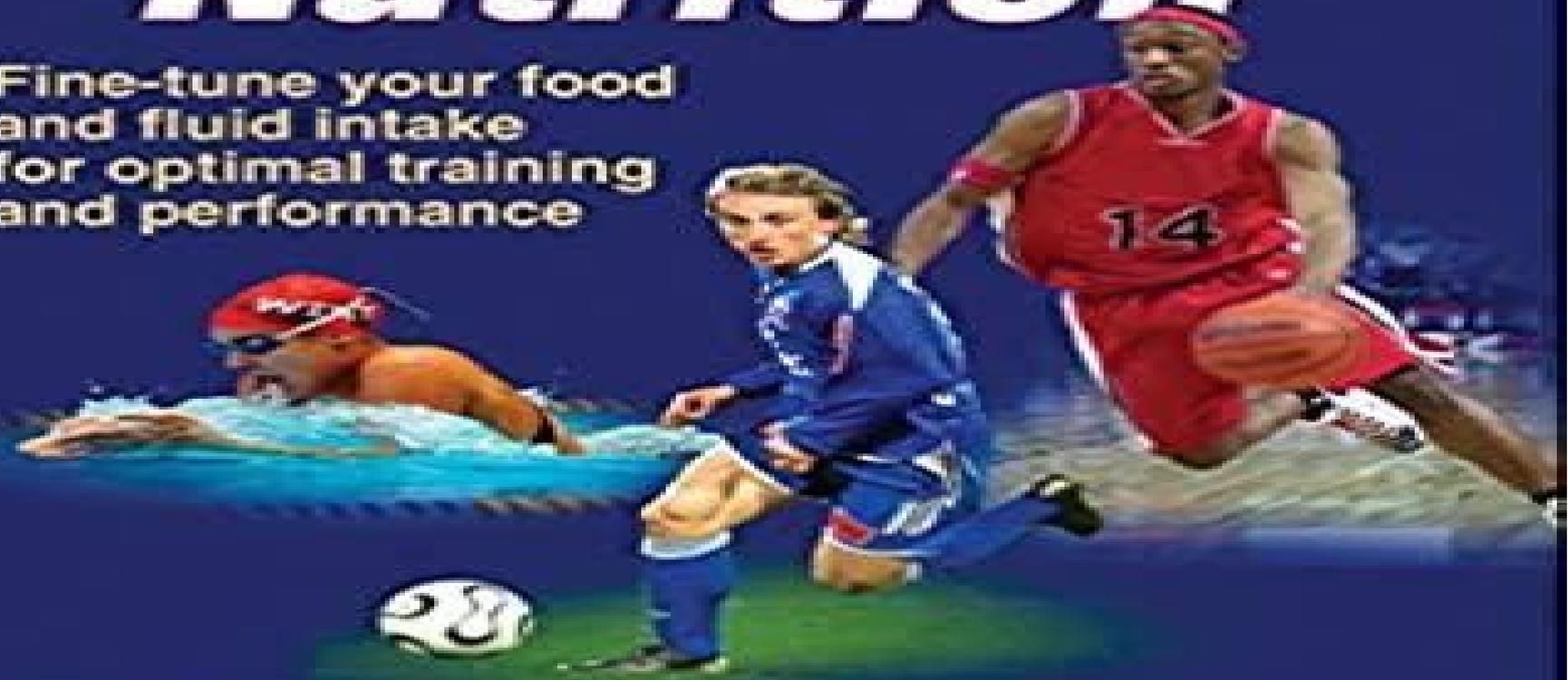


Second Edition

Advanced Sports Nutrition

Fine-tune your food
and fluid intake
for optimal training
and performance



Dan Benardot, PhD, RD, FACSM

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