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Food Supplements for Athletes

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This updated and enhanced 3rd edition is a vital guide for athletes looking to optimize nutrition for better performance and avoidance of injury.

An indispensable nutritional handbook for serious athletes, this book draws on extensive scientific research from the past thirty years to explain dietary supplements as well as the positive and negative effects they may have on athletes' health and physical performance. With this book, athletes will learn how to discern which supplements to take depending on their personal goals, how to separate supplements that work from those that don't, and how to determine proper dosage.

From specific athletic goals to preventing injury, this comprehensive guide to dietary supplements is essential for serious athletes looking to step up their physical performance.

Rights Sold: Simplified Chinese, Greek, Korean, Polish, Spanish