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Sports Supplement Buyers Guide Complete Nutrition for Your Active Lifestyle

By Rehan Jalali

Basic Health Publications. Paperback. Book Condition: New. Paperback. 236 pages. Dimensions: 9.1in. x 6.0in. x 0.7in. Whether you're a professional athlete, weightlifter, sports enthusiast, or just beginning to work out, you've probably thought about using supplements to enhance your training or hasten recovery from injuries. But one look at the supplement section at the health food store or at your gym may have given you second thoughts. There are so many sports supplements available today: protein powders, amino acids for muscle building, fat-burner nutrients, and so on. You may have wondered, do I really need to take supplements? Which ones should I take? And how do I know the good one from the not-so-good ones? This book will help you sort through the overwhelming array of sports supplements and come up with a supplement regimen to fit your specific needs and goals. For the active person, it is vital to maintain a good nutrient intake to avoid basic nutritional deficiencies, help prevent injuries, promote the health of specific body systems, and accomplish training goals such as building muscle mass or burning fat. The Sports Supplement Buyers Guide provides a unique integrated approach to supplementation for athletes, including essential nutrients for...



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