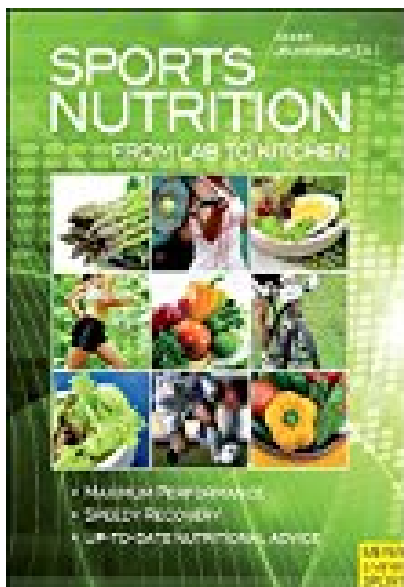


Sports Nutrition From Lab to Kitchen



BOOK DETAILS

- Author : Asker Jeukendrup
- Pages : 200 Pages
- Publisher : Meyer & Meyer Fachverlag und Buchhandel GmbH
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BOOK SYNOPSIS

Presents essays that offer the latest research developments and advice on sports nutrition, covering dietary supplements, burning fat, carbohydrate intake, alternative fuels, and hydration.

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