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# **Sport Supplement Reference Guide**

**William Llewellyn** 

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Sport Supplement Reference Guide William Llewellyn, 2009-10 William Llewellyn the author of the best selling Anabolics series brings you the most comprehensive book ever written on sport supplements The Sport Supplement Reference Guide takes a look at over 40 of today s most popular sport supplement ingredients What you can expect from Sport Supplement Reference Guide An overview of the sport supplement industry Protein primer and how to choose the right type of protein for your needs Types of Carbohydrate Supplementation Vitamin and Mineral overview Supplement Ingredient Profiles of over 40 different ingredients Each profile has its own rating based on clinical studies and empirical evidence Rules for Effective Supplement Shopping and Consumer Empowerment This section will help you stop wasting money on worthless supplements Goal orientated sample supplement cycles takes the guess work out what supplements needed for your goal This book is perfect for anyone that consumes dietary supplements for sports related activity weight lifting bodybuilding weight loss or other fitness goals The Athlete's Guide to Sports Supplements Kimberly Mueller, Josh Hingst, 2013 The Athlete's Guide to Sports Supplements is for athletes coaches and trainers seeking information on safe and legal performance focused supplements Listed alphabetically each of the 120 supplements has a detailed description of what it is and how it works facts on performance benefits current research recommended dosages and health concerns Sports Nutrients Dave Tuttle, 2002-11 Bodybuilders and other serious athletes commonly take natural performance enhancing nutrients Used correctly these nutrients help build muscle and strength This guide describes the best of these nutritional supplements and tells you how to use them safely and effectively User's Guide to Women's Health Supplements Laurel Vukovic, 2003 Women have their own distinctive biological and health issues which include menstruation pregnancy menopause and breast cancer This book explains how vitamins minerals and herbs can help women feel better and stay healthier User's Guide to Nutritional Supplements Jack Challem, 2003 The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements those that consistently attract the most attention and are the ones most likely to benefit the majority of people In describing the most popular nutritional supplements this book explains Vitamin E can reduce the risk of heart disease and the best types to take Selenium can slash the chances of developing some types of cancer Ginkgo can improve memory and recall Chromium can help oromote weigth loss and lower the risk of diabetes Glucosamine and chondroitin can prevent osteoarthritis Calcium and magnesium work together to build strong bones Coenzyme Q10 can boost your energy levels and strengthenyour heart Ginseng and other supplements boost User's Guide to Energy-Boosting Supplements Ron Hunninghake, 2005-12 Anyone who feels vour exercise stamina more tired than they should and winds up feeling fuzzy headed from eating so called energy foods will likely benefit from the several supplements that boost energy levels which are discussed in this User's Guide Coenzyme Q10 alpha lipoic acid and carnitine are vitamin like nutrients not stimulants. They work by helping the body burn the foods consumed for sustained

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