



 Get Print Book

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide

From *imusti*



Download



Read Online

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From *imusti*

Nutritional Supplements in Sport, Exercise and Health is the most up-to-date and authoritative guide to dietary supplements, ergogenic aids and sports nutrition foods currently available. Consisting of over 140 evidence-based review articles written by world-leading research scientists and practitioners, the book aims to dispel the misinformation that surrounds supplements and supplementation, offering a useful, balanced and unbiased resource.

The reviews are set out in an A-Z format and include: definitions alongside related products; applicable food sources; where appropriate, practical recommendations such as dosage and timing, possible nutrient interactions requiring the avoidance of other nutrients, and any known potential side effects; and full research citations. The volume as a whole addresses the key issues of efficacy, safety, legality and ethics, and includes additional reviews on the WADA code, inadvertent doping, and stacking.

Combining the most up-to-date scientific evidence with consideration of practical issues, this book is an essential reference for any healthcare professional working in sport and exercise, any student or researcher working in sport and exercise science, sports medicine, health science or nutrition, and for all coaches and support teams working with athletes.



[Download Nutritional Supplements in Sport, Exercise and Hea ...pdf](#)



[Read Online Nutritional Supplements in Sport, Exercise and H ...pdf](#)

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide

From imusti

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti

Nutritional Supplements in Sport, Exercise and Health is the most up-to-date and authoritative guide to dietary supplements, ergogenic aids and sports nutrition foods currently available. Consisting of over 140 evidence-based review articles written by world-leading research scientists and practitioners, the book aims to dispel the misinformation that surrounds supplements and supplementation, offering a useful, balanced and unbiased resource.

The reviews are set out in an A-Z format and include: definitions alongside related products; applicable food sources; where appropriate, practical recommendations such as dosage and timing, possible nutrient interactions requiring the avoidance of other nutrients, and any known potential side effects; and full research citations. The volume as a whole addresses the key issues of efficacy, safety, legality and ethics, and includes additional reviews on the WADA code, inadvertent doping, and stacking.

Combining the most up-to-date scientific evidence with consideration of practical issues, this book is an essential reference for any healthcare professional working in sport and exercise, any student or researcher working in sport and exercise science, sports medicine, health science or nutrition, and for all coaches and support teams working with athletes.

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti Bibliography

- Sales Rank: #1103332 in Books
- Brand: imusti
- Published on: 2015-04-25
- Released on: 2015-04-22
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x 1.03" w x 6.14" l, 1.52 pounds
- Binding: Paperback
- 482 pages

 [Download Nutritional Supplements in Sport, Exercise and Hea ...pdf](#)

 [Read Online Nutritional Supplements in Sport, Exercise and H ...pdf](#)

Editorial Review

Review

‘This authoritative handbook for health care professionals, scientists, coaches, athletes, and sports enthusiasts provides succinct, evidence-based reviews for over 140 supplemental products and special topics, highlighting how they can enhance (in conjunction with an already healthful diet) athletes' health, performance, and recovery ... Recommended. All academic levels; professionals/practitioners.’ - A. C. Kuiken, *CHOICE* magazine.

'A very helpful compendium for every sports medicine practitioner and for scientists, when considering which nutritional supplements to be effective or ineffective for patients and athletes - strong recommendation to buy.' - Prof J. M. Steinacker, *German Journal of Sports Medicine*.

‘All athletes and coaches should be made aware of [the book] and should consult it to guide their use or avoidance of substances that are promoted as "nutritional supplements".’ - Jeffrey K. Aronson, *Nutrition journal*

About the Author

Linda M. Castell is Visiting Research Fellow at Green Templeton College, University of Oxford, UK. In 1990, she joined Professor Eric Newsholme's Cellular Nutrition Research Group (CNRG) at Oxford, working on amino acids and immunology; and, after his retirement in 1996, she took over directing the CNRG. She has published several chapters and 30 papers. She initiated the A-Z series on nutritional supplements for athletes in the *British Journal of Sports Medicine* (2009–2013)

Samantha J. Stear is a consultant with a PhD in Biomedical Science and more than 25 years' experience in the health, nutrition, sport and exercise sectors. Sam established the English Institute of Sport's Performance Nutrition Service and has individually worked with Olympic medallists and world record holders. Sam has published three books, more than 50 papers and more than 150 consumer magazine articles

Louise M. Burke is a sports dietitian with more than 35 years of experience, serving for the past 25 years as Head of Sports Nutrition at the Australian Institute of Sport, and more recently as Chair in Sports Nutrition at the Australian Catholic University in Melbourne, Australia. Louise has published more than 20 books and more than 200 papers

Users Review

From reader reviews:

Chris Moore:

What do you consider book? It is just for students because they are still students or the idea for all people in the world, what best subject for that? Just you can be answered for that issue above. Every person has various personality and hobby for each and every other. Don't to be pressured someone or something that

they don't want to do that. You must know how great as well as important the book *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide*. All types of book are available to see on many options. You can look for the internet options or other social media.

Christina Vallejo:

Many people spend their time frame by playing outside along with friends, fun activity together with family or just watching TV the whole day. You can have new activity to invest your whole day by reading a book. Ugh, you think reading a book really can be hard because you have to accept the book everywhere? It all right you can have the e-book, taking everywhere you want in your Mobile phone. Like *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide* which is keeping the e-book version. So, why not try out this book? Let's view.

Mamie Crossett:

Don't be worry in case you are afraid that this book will filled the space in your house, you could have it in e-book means, more simple and reachable. This kind of *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide* can give you a lot of good friends because by you checking out this one book you have point that they don't and make you actually more like an interesting person. This particular book can be one of a step for you to get success. This publication offer you information that possibly your friend doesn't understand, by knowing more than some other make you to be great people. So, why hesitate? Let me have *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide*.

Joyce Cannon:

That reserve can make you to feel relax. This book *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide* was vibrant and of course has pictures around. As we know that book *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide* has many kinds or type. Start from kids until youngsters. For example *Naruto* or *Private eye Conan* you can read and think you are the character on there. So, not all of book are make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book for you and try to like reading that.

Download and Read Online *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide* From [imusti](#) #QYPBIU3S649

Read Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti for online ebook

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti books to read online.

Online Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti ebook PDF download

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti Doc

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti Mobipocket

Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide From imusti EPub