



Sports Supplements: Which nutritional supplements really work (Paperback)

By Anita Bean

Bloomsbury Publishing PLC, United Kingdom, 2015. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. More and more of us are looking to sports supplements to gain a competitive advantage and to aid recovery - but do they really work? Media reports and manufacturer claims can be confusing - and often downright wrong. What should you take? What shouldn't you take? What will actually benefit you? Fully updated to reflect the latest research, Sports Supplements is packed with clear, reliable and unbiased advice that will help you maximise your athletic potential. Renowned sports nutritionist Anita Bean takes you through each supplement and explains what they are, how to use them and if they really work - as well as suggesting other alternatives. Covering the most popular supplements on the market - from beetroot juice to creatine, caffeine to whey protein, this is the essential guide for anyone considering taking supplements.

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