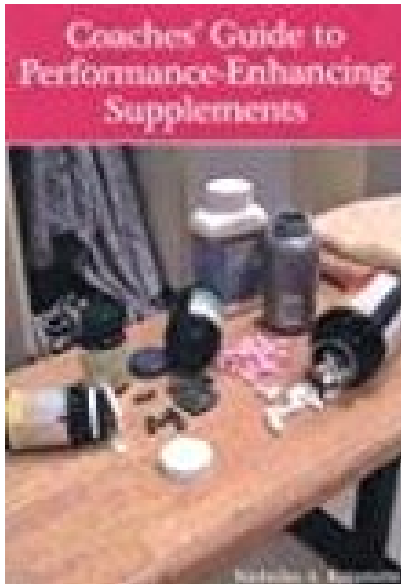


# Coaches Guide to Performance-Enhancing Supplements

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## BOOK DETAILS

- Author : Nicholas A., Ph.D. Ratamess
- Pages : 188 Pages
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- Language : English
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## BOOK SYNOPSIS

Addresses the cost, potential side effects, negative health ramifications, ethics, and the potential for failed drug test that a wide variety of nutritional supplements can have on athletes. Covers carbohydrates, protein and amino acids, lipids, vitamins, minerals, and antioxidants, creatine, prohormones, sodium bicarbonate and sodium citrate, herbal supplements, and other popular sports supplements. Also addresses anabolic agents, blood doping and erythropoietin, stimulants, recreational drugs, and other ergogenic drugs.

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