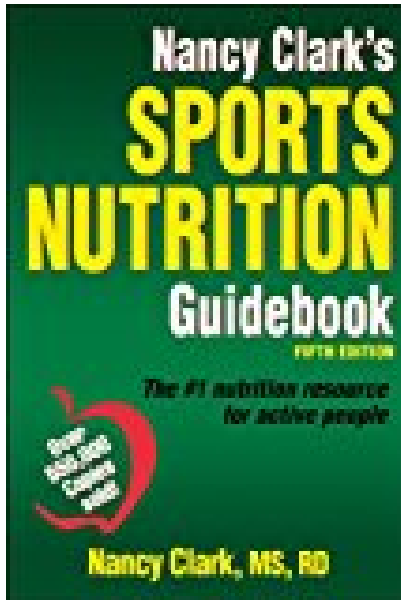


# Nancy Clarks Sports Nutrition Guidebook-5th Edition

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## BOOK DETAILS

- Author : Nancy Clark
- Pages : 520 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450459935



## BOOK SYNOPSIS

Boost your energy, build muscle, lose fat, and improve your performance with the best-selling sports nutrition guide! The fifth edition includes the latest research on hydration, vitamins, supplements, energy drinks, organic foods, and balancing carbohydrate and protein intake for exercise and competition.

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