

NUTRITIONAL ERGOGENIC AIDS

Edited by
IRA WOLINSKY
JUDY A. DRISKELL



CRC PRESS

**Nutritional Ergogenic Aids Hardcover 2004 By Ira
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Luke R. Bucci



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Nutritional Ergogenic Aids Ira Wolinsky, Judy A. Driskell, 2004-06-25 *Nutritional Ergogenic Aids* provides an up to date review of what is hypothetical and what is known about the most extensively used nutritional ergogenic aids dietary supplements to enhance physical and athletic performance Among the 23 aids discussed are branched chain amino acids carnitine creatine glucosamine chondroitin sulfate and taurine An up to date review about what is hypothetical and what is known about the most extensively used ergogenic aids *Nutrients as Ergogenic Aids for Sports and Exercise* Luke R. Bucci, 2020-08-18 *Nutrients as Ergogenic Aids for Sports and Exercise* discusses the growing body of information regarding the enhancement of human physical performance by dietary manipulations through ergogenesis It balances the application of nutritional manipulations between overzealous promoters and recalcitrant cynics By offering a thorough comprehensive and up to date review of what is known about ergogenic effects of nutrients on humans it bridges the gap between common usage and scientific knowledge *Nutrients as Ergogenic Aids for Sports and Exercise* covers in detail many popular product ingredients not considered elsewhere It illustrates areas awaiting future research and offers suggestions for avoiding the pitfalls of performing ergogenesis research *Nutrients as Ergogenic Aids for Sports and Exercise* Luke Bucci, 1993

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