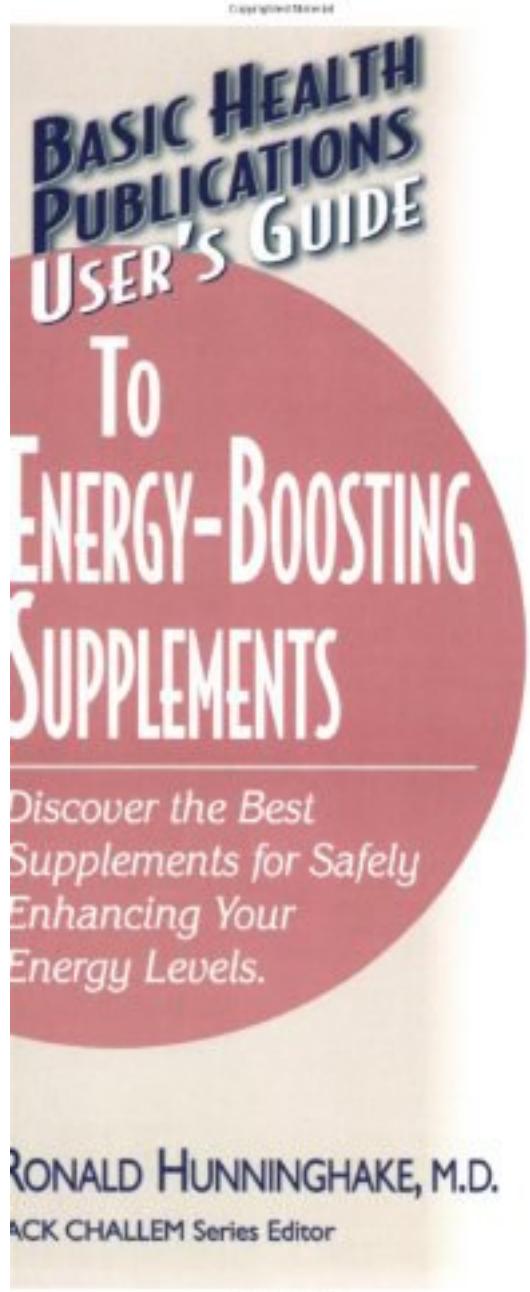


# User's Guide to Energy-Boosting Supplements



[User's Guide to Energy-Boosting Supplements](#) [下载链接1](#)

著者: Hunninghake, Ronald

出版者: Basic Health Pubns

出版时间: 2005-12

装帧:Pap

isbn:9781591201762

Anyone who feels more tired than they should and winds up feeling fuzzy headed from eating so-called energy foods, will likely benefit from the several supplements that boost energy levels, which are discussed in this User's Guide. Coenzyme Q10, alpha-lipoic acid, and carnitine are vitamin-like nutrients, not stimulants. They work by helping the body burn the foods consumed for sustained energy. This User's Guide also offers eating tips to help readers maintain high energy levels and to avoid feeling tired after meals.

作者介绍:

目录:

[User's Guide to Energy-Boosting Supplements 下载链接1](#)

标签

评论

---

[User's Guide to Energy-Boosting Supplements 下载链接1](#)

书评

---

[User's Guide to Energy-Boosting Supplements](#) [下载链接1](#)