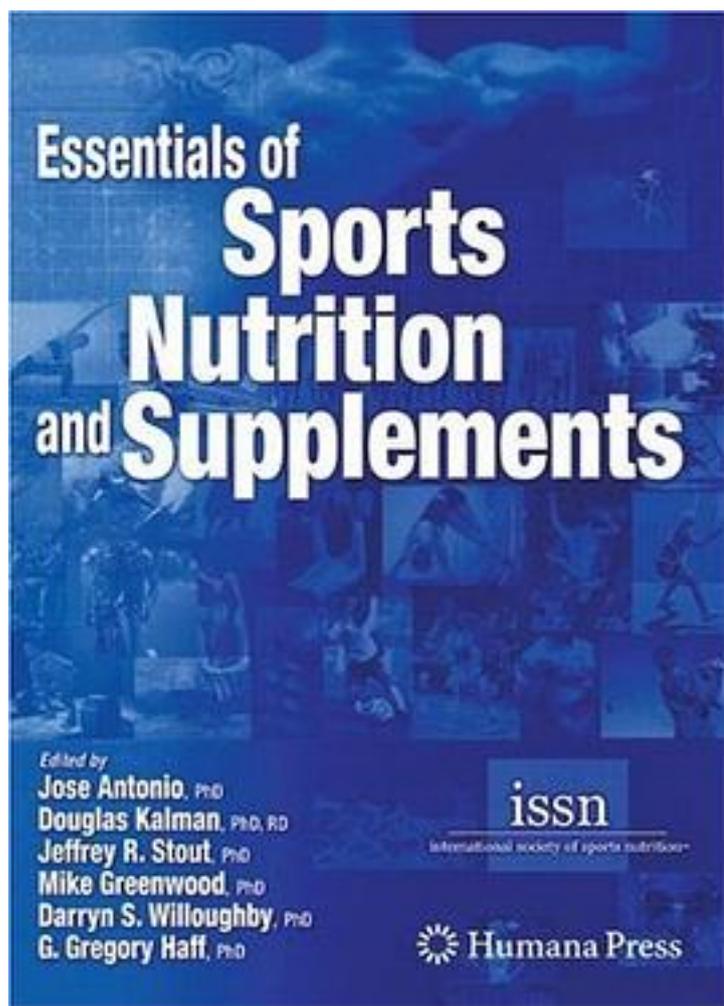


Essentials of Sports Nutrition and Supplements



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出版者:Humana Press

出版时间:2008-06-11

装帧:Hardcover

isbn:9781588296115

This volume is a comprehensive textbook for the undergraduate course in sports

nutrition. Focusing on exercise physiology, this text is to be used in a certification course sponsored by the International Society of Sports Nutrition (ISSN).

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