

# Download Nutritional Supplements In Sports And Exercise

Nutritional Supplements in Sports and Exercise, Second Edition presents cutting edge information and is valuable to sports nutritionists, exercise physiologists, strength and conditioning/personal trainers, athletic trainers, athletic coaches, registered dietitians, and college/professional sport affiliates. Regulation of Dietary Supplements to Enhance Exercise and Athletic Performance. The FDA regulates dietary supplements for exercise and athletic performance in accordance with the Dietary Supplement Health and Education Act of 1994 . Like other dietary supplements, exercise- and athletic-performance supplements differ from over-the-counter or ... In the ever-growing field of sports nutrition and nutritional supplementation, it is imperative to have a comprehensive and extensive guide, which is exactly what Nutritional Supplements in Sports and Exercise provides. The editors and authors have skillfully structured their research and What are dietary supplements for exercise and athletic performance and what do they do? If you get regular exercise—and especially if you're an athlete and compete in sporting events—you know that a nutritionally adequate diet and plenty of fluids are important for maximizing your physical ...