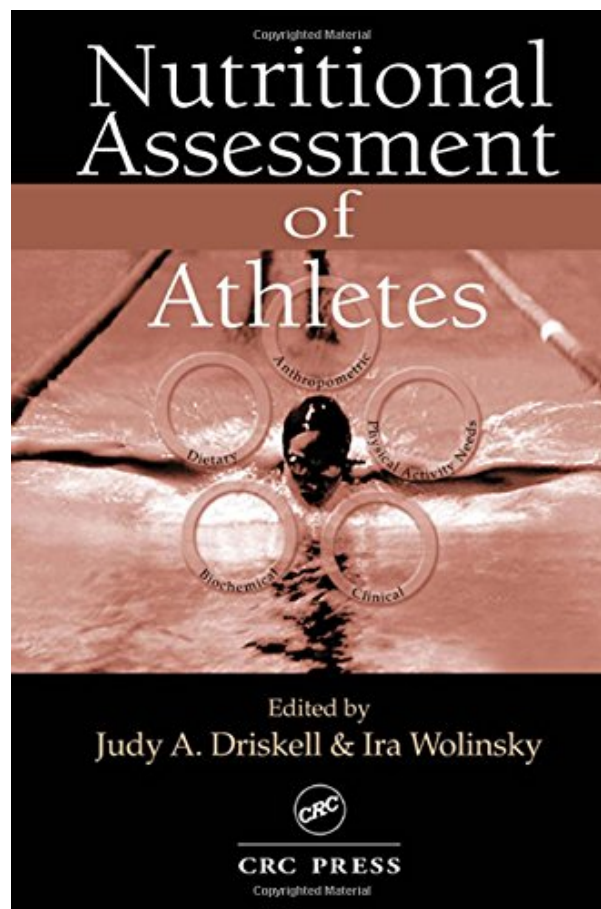
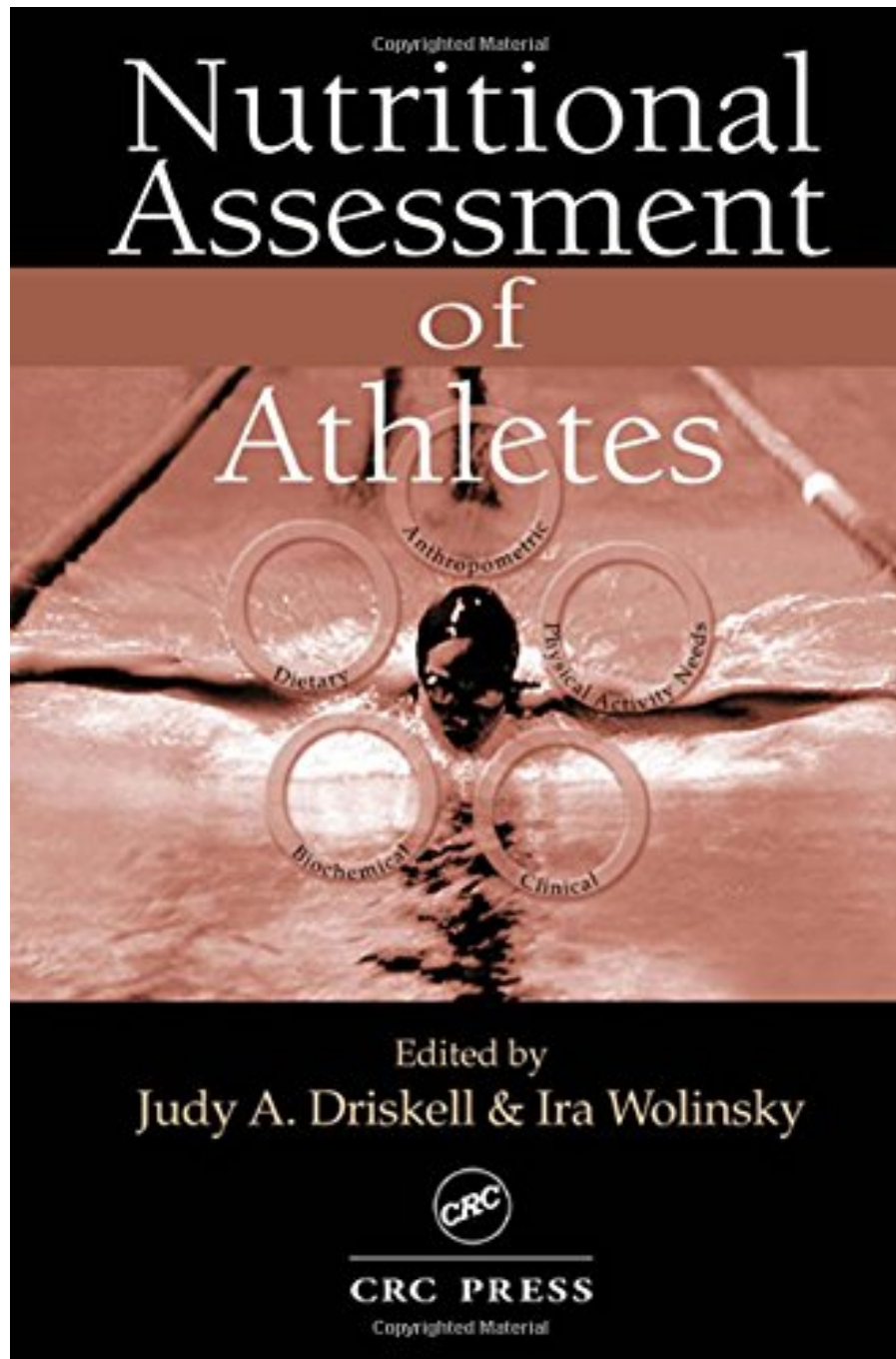


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...a comprehensive, well-written, and well-referenced text that would be a valuable addition to the library of both the sports nutrition practitioner and researcher.

- in *Journal of the American Dietetic Association*

It represents a great asset to those involved in the profession, and represents a bridge-builder between disciplines.

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