

# Essentials of Sports Nutrition and Supplements

*Edited by*

**Jose Antonio, PhD**  
**Douglas Kalman, PhD, RD**  
**Jeffrey R. Stout, PhD**  
**Mike Greenwood, PhD**  
**Darryn S. Willoughby, PhD**  
**G. Gregory Haff, PhD**



ISSN

International Society of Sports Nutrition



Humana Press

Jose Antonio and  
**Essentials of Sports Nutrition and Supplements**



[continue reading](#)

Focusing on exercise physiology, this text is to be used in a certification program sponsored by the International Culture of Sports Nourishment (ISSN). This volume is a thorough textbook for the undergraduate course in sports nutrition.



[continue reading](#)

Very disappointed in not having the entire item as advertised I ordered this publication last summer and then it got set aside while I was focusing on other reading. I just opened up it up to start out today and noticed that the CD including "extra materials" wasn't included. Very disappointed in not having the entire item as advertised. not really entirely helpful rather than sure if this was a knockoff or if it is just poor quality publishing. Two Stars I received a incorrect published copy It's is backwards &...disappointed for \$ spent on this text book. Well-written book This is a comprehensive textbook of sports nutrition and supplementation compiled by plenty of big names in the sports nutrition field like Antonio and Stout, and also other leading exercise physiologists and nutritionists. The authors challenge a lot of the current nutritional recommendations created by mainstream RD's and nutritionists. Excellent reference Not just for sports activities nutritionists, every athlete, dietician, and anyone interested in healthy nutrition for themselves. Up to date info regarding Sports Nourishment and Supplement Enjoyed the info and found it useful. Illustrations is normally a bit disappointing and printing is difficult to read. Four Stars Like the book but missing CD rom Four Stars A fantastically consolidated resource of information to review from. Supplement info is quite useful and up up to now! Five Stars Great Reference book about sports nutrition, Gold Slandered. It should definetly be held for reference by trainers, nutritionists, and exercise science and nutrition students. Extremely knowledgeable authors who are professionals in their field. All photos in dark and white. ugly not entirely helpful rather than sure if this was a knockoff or if it is just low quality publishing I'm uncertain if it was supposed to have color images, but all of the illustrations seem to be photocopied... Copied text, not authentic Totally a copied book no CD, scam scam scam!



[continue reading](#)

download free Essentials of Sports Nutrition and Supplements fb2

download Essentials of Sports Nutrition and Supplements epub

[download free You're Doing What?: Older Women's Tales of Achievement and Adventure e-book](#)

[download free Harper's Bazaar Great Style: Best Ways to Update Your Look txt](#)

[download Esquire The Handbook of Style: A Man's Guide to Looking Good fb2](#)