



## Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide

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*Nutritional Supplements in Sport, Exercise and Health* is the most up-to-date and authoritative guide to dietary supplements, ergogenic aids and sports nutrition foods currently available. Consisting of over 140 evidence-based review articles written by world-leading research scientists and practitioners, the book aims to dispel the misinformation that surrounds supplements and supplementation, offering a useful, balanced and unbiased resource.

The reviews are set out in an A-Z format and include: definitions alongside related products; applicable food sources; where appropriate, practical recommendations such as dosage and timing, possible nutrient interactions requiring the avoidance of other nutrients, and any known potential side effects; and full research citations. The volume as a whole addresses the key issues of efficacy, safety, legality and ethics, and includes additional reviews on the WADA code, inadvertent doping, and stacking.

Combining the most up-to-date scientific evidence with consideration of practical issues, this book is an essential reference for any healthcare professional working in sport and exercise, any student or researcher working in sport and exercise science, sports medicine, health science or nutrition, and for all coaches and support teams working with athletes.

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### Editorial Review

#### Review

'This authoritative handbook for health care professionals, scientists, coaches, athletes, and sports enthusiasts provides succinct, evidence-based reviews for over 140 supplemental products and special topics, highlighting how they can enhance (in conjunction with an already healthful diet) athletes' health, performance, and recovery ... Recommended. All academic levels; professionals/practitioners.' - A. C. Kuiken, *CHOICE* magazine.

'A very helpful compendium for every sports medicine practitioner and for scientists, when considering which nutritional supplements to be effective or ineffective for patients and athletes - strong recommendation to buy.' - Prof J. M. Steinacker, *German Journal of Sports Medicine*.

'All athletes and coaches should be made aware of [the book] and should consult it to guide their use or avoidance of substances that are promoted as "nutritional supplements".' - Jeffrey K. Aronson, *Nutrition journal*

#### About the Author

**Linda M. Castell** is Visiting Research Fellow at Green Templeton College, University of Oxford, UK. In 1990, she joined Professor Eric Newsholme's Cellular Nutrition Research Group (CNRG) at Oxford, working on amino acids and immunology; and, after his retirement in 1996, she took over directing the CNRG. She has published several chapters and 30 papers. She initiated the A-Z series on nutritional supplements for athletes in the *British Journal of Sports Medicine* (2009–2013)

**Samantha J. Stear** is a consultant with a PhD in Biomedical Science and more than 25 years' experience in the health, nutrition, sport and exercise sectors. Sam established the English Institute of Sport's Performance Nutrition Service and has individually worked with Olympic medallists and world record holders. Sam has published three books, more than 50 papers and more than 150 consumer magazine articles

**Louise M. Burke** is a sports dietitian with more than 35 years of experience, serving for the past 25 years as Head of Sports Nutrition at the Australian Institute of Sport, and more recently as Chair in Sports Nutrition at the Australian Catholic University in Melbourne, Australia. Louise has published more than 20 books and more than 200 papers

### Users Review

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#### Christy Brodersen:

The book untitled *Nutritional Supplements in Sport, Exercise and Health: An A-Z Guide* contain a lot of information on that. The writer explains her idea with easy method. The language is very clear to see all the people, so do not really worry, you can easy to read that. The book was authored by famous author. The

author gives you in the new time of literary works. You can actually read this book because you can read more your smart phone, or device, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice examine.

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