



Nutrients as Ergogenic Aids for Sports and Exercise (Nutrition in Exercise & Sport)

Luke R. Bucci

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Nutrients as Ergogenic Aids for Sports and Exercise discusses the growing body of information regarding the enhancement of human physical performance by dietary manipulations through ergogenesis. It balances the application of nutritional manipulations between overzealous promoters and recalcitrant cynics. By offering a thorough, comprehensive and up-to-date review of what is known about ergogenic effects of nutrients on humans, it bridges the gap between common usage and scientific knowledge. Nutrients as Ergogenic Aids for Sports and Exercise covers in detail many popular product ingredients not considered elsewhere. It illustrates areas awaiting future research, and offers suggestions for avoiding the pitfalls of performing ergogenesis research.

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