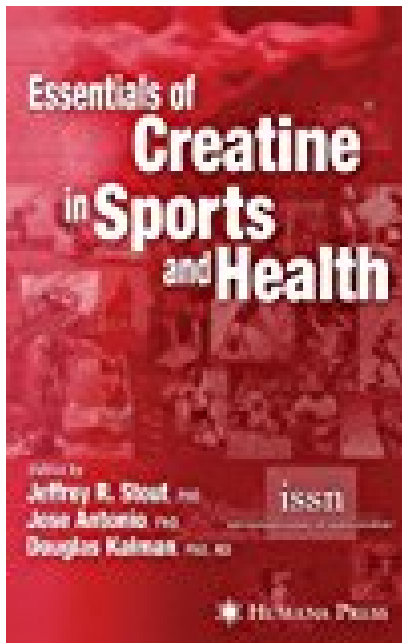


Essentials of Creatine in Sports and Health



BOOK DETAILS

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- Pages : 254 Pages
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BOOK SYNOPSIS

With all of the misinformation regarding the effects of creatine supplementation on health and sports performance, this book brings together the information on how creatine affects body composition, exercise performance, and health. Supported by the International Society of Sports Nutrition, this volume is timely and vital for all professionals in the field of sports nutrition.

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