



# Optimum Sports Nutrition: Your Competitive Edge

*Michael Colgan*

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# Optimum Sports Nutrition: Your Competitive Edge

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## **Optimum Sports Nutrition: Your Competitive Edge** Michael Colgan

This comprehensive guide speaks directly to athletes, body builders, and other serious sport and fitness-conscious consumers. Dr. Colgan presents scientific information in an easy-to-read, comprehensible format that covers supplements--what's effective and what's not--peak-performance nutrition, steroids, special diets, and more. Illustrations.

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