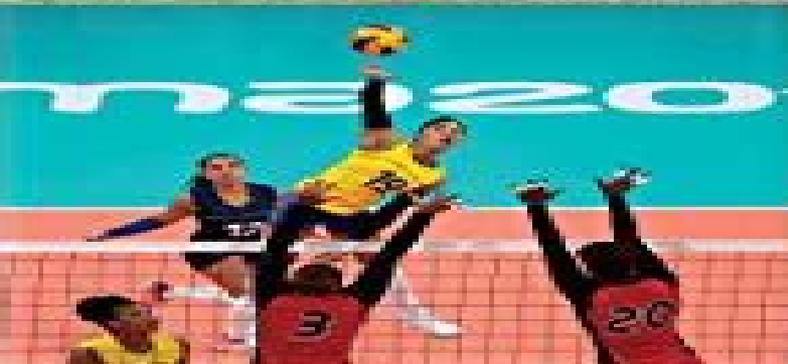




Third Edition

# ADVANCED SPORTS NUTRITION



*Fine-tune your food and fluid intake  
for optimal training and performance*



**DAN BENARDOT, PhD, RD, FACSM**

# Advanced Sports Nutrition

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