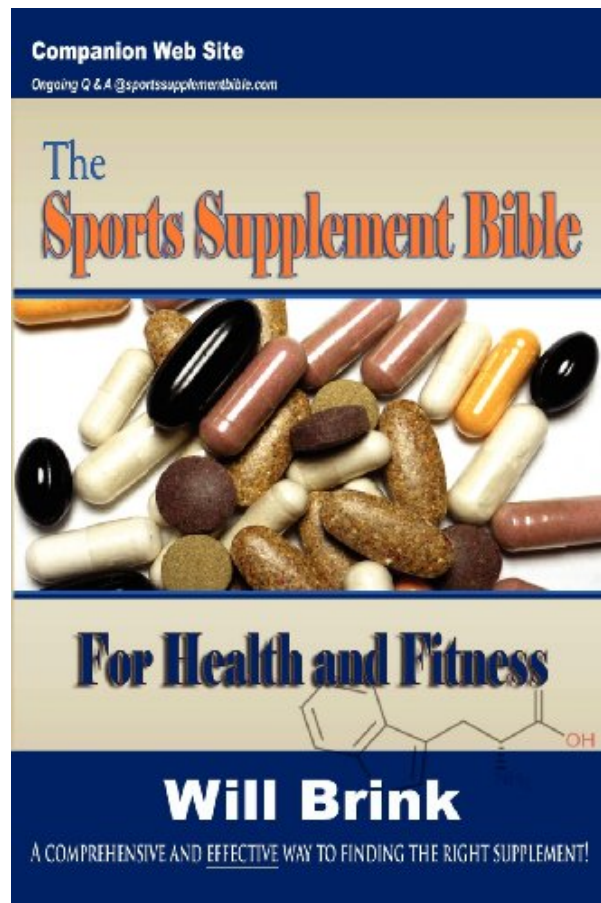


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For Health and Fitness



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This comprehensive book covers over 60 supplement ingredients used to create many well known sports supplements. Will Brink uses his 20+ years in the supplement industry to break through the hype, mystery and bro-science, surrounding the base components of all supplements - their ingredients - and explains how they work using a combination of scientific and real world data. The book covers supplements essential to optimal living as well as supplements that are known to help boost athletic performance. It goes in depth into many supplement claims, some of which have been around for years! Will puts the power of knowledge into the readers hands, giving them solid facts to combat supplement myth and fiction so that they can make more informed supplement buying decisions. The book is compiled to be easy to understand for the beginner, but also adds extra scientific extrapolation for the more experienced and advanced athlete.

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- Binding: Paperback
- 342 pages

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8 of 8 people found the following review helpful.

Comprehensive scientific analysis of sports supplements.

By Chipdouglas

I purchased that book a few weeks ago and have not been disappointed. I've been following Will Brink's work and publications for a number of years. I'm 40 and have no time or money to be wasted on ineffective dietary supplements. In this e-book, Will provides a comprehensive scientific yet concise analysis of sports supplements this saves me both time and money. This book gets two thumbs-up from me !

9 of 11 people found the following review helpful.

Great reading.

By Robert71457

Hello,

I'm what they call a man of few words,I like to live by the K.I.S.S. factor,(keep it simple, stupid).

I've been told you can tell a lot about a person by the books he/she has on their coffee table within reach, on my table I have:

- 1.Holy Bible
 - 2.Big Book (Bill W.)
 - 3.Triathlete's Training Bible
 - 4.Gym Bible
 - 5.Louisiana Notarial Law and Practice
 - 6.Sports Supplements Bible
- The Sports Supplement Bible: For Health and Fitness

If I have a question one of these will have the answer.

P.S. Websters(my spelling is not so good:)

nuf said

Thank you

4 of 4 people found the following review helpful.

The Sports Supplement Bible

By robert ackerson jr

I like the book but have my differences on milk in whey and dairy products, but I think its very well explained on most products and the details look very good.

See all 9 customer reviews...

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