

## Clinical sports nutrition

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20497517&lokasi=lokal>

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### Abstrak

Each chapter is specifically formatted to combine the viewpoints of two sports nutrition experts: the scientific principles underpinning each issue are reviewed by an internationally recognized nutritionist with extensive research experience, while a sports dietitian summarizes the practice tips that can be drawn from these principles.