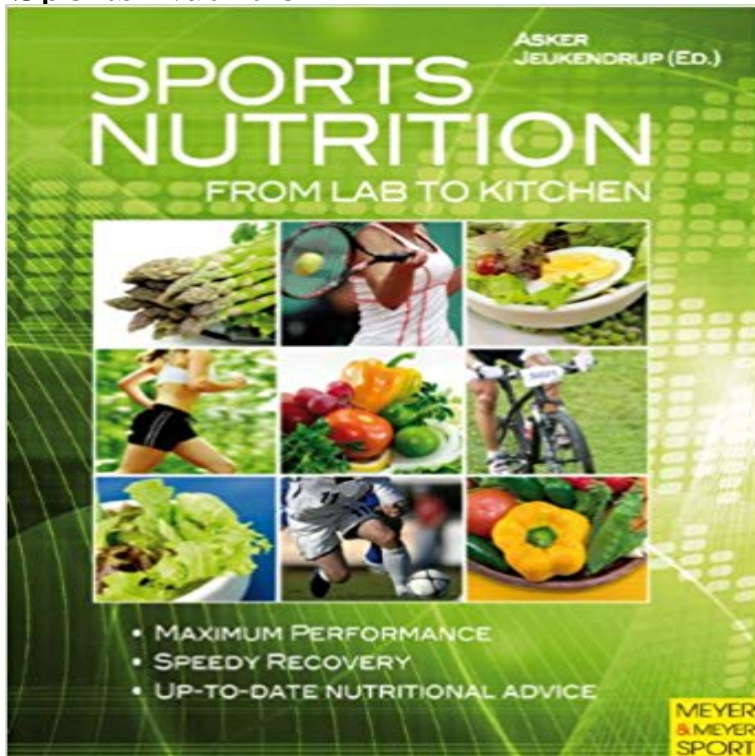


# Sports Nutrition



Sports Nutrition: From Lab to Kitchen is written by leaders in the field who discuss the latest science and translate the scientific findings into a practical message. Bridging the gap between science and practice is important for athletes so they can easily understand and implement changes in nutrition that help performance or recovery.

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