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Loss and Replacement in Exercise; 18 Gastrointestinal Function and Exercise; 19 Rehydration and Recovery after Exercise; 20 Vitamins: Metabolic Functions; 21 Vitamins: Effects of Exercise on Requirements; 22 Exercise-induced Oxidative Stress and Antioxidant Nutrients; 23 Minerals: Calcium; 24 Minerals: Iron; 25 Trace Minerals; 26 Nutritional Ergogenic Aids; 27 Creatine; 28 Caffeine  
29 Bicarbonate and Citrate 30 Alcohol in Sport; Part 2: Special Considerations; 31 The Female Athlete; 32 The Young Athlete; 33 The Vegetarian Athlete; 34 The Diabetic Athlete; Part 3: Practical Issues; 35 The Overweight Athlete; 36 The Travelling Athlete; 37 Overtraining: Nutritional Intervention; 38 Exercise at Climatic Extremes; 39 Eating Disorders in Athletes; 40 Sports Nutrition Products; Part 4: Sport-specific Nutrition; 41 Sprinting; 42 Distance Running; 43 Cycling; 44 Team Sports; 45 Gymnastics; 46 Swimming; 47 Weightlifting and Power Events; 48 Racquet Sports; 49 Weight Category Sports  
50 Skating 51 Cross-country Skiing; Index

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## Sommario/riassunto

As sports have become more competitive over recent years researchers and trainers have been searching for new and innovative ways of improving performance. Ironically, an area as mundane as what an athlete eats can have profound effects on fitness, health and ultimately, performance in competition. Sports have also gained widespread acceptance in the therapeutic management of athletes with disorders associated with nutritional status. In addition, exercise has been one of the tools used for studying the control of metabolism, creating a wealth of scientific information that needs to be placed

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