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Information theory and the thermodynamic efficiency of biological sorting systems / Cherif F. Matta, Lou Massa -- Roles of AMP, ADP, ATP, and AMPK in healthy energy boosting and prolonged life span / Durgavati Yadav, Yamini B. Tripathi, Prabhakar Singh, Rajesh K. Kesharwani, Raj K. Keservani -- An overview of nitrite and nitrate / Nathan S. Bryan -- An overview on nitric oxide and energy metabolism / Safia Habib, Moinuddin, Asif Ali -- Antioxidants and mitochondrial bioenergetics / Sushil Sharma -- Protein, carbohydrates, and fats / Prabhakar Singh, Rajesh K. Kesharwani, Raj K. Keservani -- Role of selected medicinal plants in sports nutrition and energy homeostasis / Marijana Zovko Koncic -- *Withania somnifera* / Muzamil Ahmad, Nawab J. Dar -- An overview on *Tribulus terrestris* in sports nutrition and energy regulation / Andrzej Pokrywka, Barbara Morawin, Jaroslaw Krzywanski, Agnieszka Zembron-Lacny -- The use of *Maca (Lepidium meyenii)* for health care / Myeong Soo Lee, Tae-Hun Kim, Hye Won Lee -- An overview on *Rhodiola rosea* in cardiovascular health, mood alleviation, and energy metabolism / Michael Duncan, Neil D. Clarke -- Energy and health benefits of shilajit / Sidney J. Stohs, Kanhaiya Singh, Amitava Das, Sashwati Roy, Chandan K. Sen -- An overview on ginseng an energy metabolism / Haojun Zhang, Dongliang Wang, Wenwen Ru, Yufeng Qin, Xiangshan Zhou -- *Glycyrrhiza glabra* (licorice) / Wang Xiaoying, Zhang Han, Wang Yu -- An overview of yohimbine in sports medicine / Nevio Cimolai -- Black ginger extract enhances physical fitness performance and mususcular endurance / Kazuya Toda, Hiroshi Shimoda -- Role of marine nutraceuticals in cardiovascular health / Se-Kwon Kim, Isuru Wijesekara -- Royal jelly in medicinal to functional energy drinks / Hiroyoshi Moriyama, Manashi Bagchi, Debasis Bagchi -- Role of caffiene in sports nutrition / Lucas Guimaraes-Ferreira, Eric T. Trexler, Daniel A. Jaffe, Jason M. Cholewa -- Beneficial roles of caffiene in sports nutrition and beverage formulations / Dawn E. Anderson -- Amino acids and energy metabolism / Kohsuke Hayamizu -- Branched chain amino acids and sports nutrition and energy homeostasis / Jose Miguel Martinez Sanz, Aurora Norte, Ella Salinas Garcia, Isabel Sospedra -- HMB supplementation / Fernanda Lima-Soares, Christian E.T. Cabido, Kassiana Arujo Pessoa, jason m. Cholewa, Carlos E. Neves Amorim, Nelo E. Zanchi -- Antioxidants and vitamins / Prabhakar Singh, Rajesh K. Kesharwani, Raj K. Keservani -- Salient features for designing a functional beverage formulation to boost energy / Anand Swaroop, Manashi Bagchi, Hiroyoshi Moriyama, Debasis Bagchi -- Caffiene-containing energy drinks/shots / Bill J. Gurley, Rick Kingston, Sheila L. Thomas -- An overview on the constituents and safety of energy / John P. Higgins, Karan Bhatti -- Interactions of commonly used prescription drugs with food and beverages / Sheila M. Wicks, Temitope O. Lawal, Nishikant A. Raut, Gail B. Mahady.

Sustained Energy for Enhanced Human Functions and Activity addresses the basic mechanistic aspects of energy metabolisms, the chemistry, biochemistry and pharmacology of a variety of botanical ingredients, micronutrients, antioxidants, amino acids, selected complexes, and other nutraceuticals which have demonstrated a boost in and the sustainability of functional energy. The role of exercise and physical activity is also discussed, and the conclusion addresses paradigm shifts in the field and envisions the future. Intended for researchers and industry professionals, the book is as an essential reference on the impact of proper nutrient balance on sustained energy.--