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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
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50 Skating 51 Cross-country Skiing; Index

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
