



## **Nutrient Timing: The Future of Sports Nutrition**

John Ivy

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Using cutting-edge research studies from leading sports science laboratories, Nutrient Timing shatters myths and misconceptions about how to provide optimum nutrition to working muscles. It shows that when the right combination of nutrients is delivered at the right time, one can activate his/her body's muscle machinery to increase muscle strength, improve endurance and increase lean muscle mass.



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