



The Truth About Sports Supplements (The Truth About Supplements)

Mark Ottobre

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Supplements are man's modern day snake oil. In the world of supplements, lies, fads and down right stupidity are everywhere. To find honest advice that isn't tainted by links to supplement companies is like trying to find a needle in a haystack!

So instead, you are sold promises that don't deliver and products that don't work by people who don't care about your end goal of looking lean, strong or muscular.

The Truth About Sports Supplements is 'THAT BOOK' that will save you money, time and effort directing you to which supplements to buy and which to avoid. Its time you learned the truth they don't want you to know.

MUST read for all supplement users

(This book is essential for any serious bodybuilder whose ever drank a protein shake)

Author Mark Ottobre

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