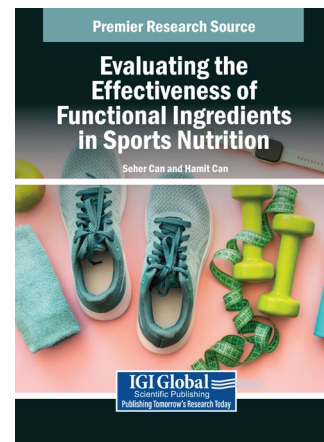


Evaluating the Effectiveness of Functional Ingredients in Sports Nutrition

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Description:

Sports nutrition plays a vital role in enhancing athletic performance, supporting recovery, and promoting overall health. The growing interest in functional foods and ingredients highlights their potential to provide health benefits beyond basic nutrition, such as disease prevention and risk reduction. Additionally, emerging dietary strategies like Intermittent Fasting, Mediterranean Diet, and Ketogenic Diet are gaining traction for their potential impact on athletic performance and health outcomes. By addressing these topics, this field empowers athletes and professionals to develop evidence-based nutrition plans that optimize performance and contribute to long-term well-being.

Evaluating the Effectiveness of Functional Ingredients in Sports Nutrition explores various diet types applied to athletes and their relationships with health and nutrition. It examines the relationship between sports nutrition and diets and various health issues, including approaches to functional medicine applied to athletes. This book covers topics such as injury recovery, nutrition science, and natural plants, and is a useful resource for sports professionals, medical workers, nutritionists, scientists, researchers, and academicians.

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