

# [PDF] Nutrient Timing: The Future Of Sports Nutrition

John Ivy, Robert Portman - pdf download free book



## Books Details:

Title: Nutrient Timing: The Future of  
Author: John Ivy, Robert Portman  
Released: 2004-02-20  
Language:  
Pages: 224  
ISBN: 1591201411  
ISBN13: 978-1591201410  
ASIN: 1591201411

[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

## Description:

**About the Author** John Ivy, Ph.D., is a professor and head of the department of Kinesiology and Health Education at the University of Texas. Dr. Ivy is a world-renowned expert on the role of nutrition and exercise performance. He has published over 150 research papers and review articles.

Robert Portman, Ph.D., is president and director of research for PacificHealth Laboratories, a leading nutrition technology company. Dr. Portman has been a pioneer in developing nutritional

products that can improve exercise performance and recovery.

---

- Title: Nutrient Timing: The Future of Sports Nutrition
  - Author: John Ivy, Robert Portman
  - Released: 2004-02-20
  - Language:
  - Pages: 224
  - ISBN: 1591201411
  - ISBN13: 978-1591201410
  - ASIN: 1591201411
-