



The Performance Zone Your Nutrition Action Plan for Greater Endurance Sports Performance Teen Health Series

By Ph. D. John Ivy

Basic Health Publications, Inc. Paperback. Book Condition: New. Paperback. 146 pages. Dimensions: 9.1in. x 6.1in. x 0.3in. Synthesizes up-to-date science for a nutrition action plan that enables athletes to raise athletic performance. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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