



Sports Nutrition: Vitamins and Trace Elements

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Research indicates that work capacity, oxygen consumption, and other measures of physical performance by individuals, particularly athletes, are affected by the deficiency or borderline deficiency of specific vitamins or trace elements essential to good nutrition. Sports Nutrition: Vitamins and Trace Elements addresses the relationships of vitamin and trace element needs and interactions to sports and exercise. This book critically reviews research claims regarding the effect of vitamins and trace elements, or lack of, on athletes' performance. Controversial studies reporting that large doses or "megadoses" of vitamins and trace elements improve physical performance are discussed and evaluated. Each chapter is devoted to one or more specific vitamins or trace elements, providing a complete profile of that particular nutrient and the role it plays. Scientists from a variety of disciplines have contributed their expertise, making this an authoritative and multi-faceted look at vitamins and trace elements as they relate to exercise and sport performance.



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