


# The Performance Zone: Your Nutrition Action Plan for Greater Endurance & Sports Performance (Teen Health Series)

*By John Ivy, Robert Portman*

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Synthesizes up-to-date science for a nutrition action plan that enables athletes to raise athletic performance.

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## Editorial Review

About the Author
Head of the Department of Kinesiology at the University of Texas, is one of the preeminent physiologists in the world. John Ivy, Ph.D., research has pioneered our understanding of how muscles work and how nutritional supplements can improve muscle performance. He is co-author of Nutrient Timing and The Performance Zone

Robert Portman, Ph.D., is managing partner at Signal Nutrition, LLC, a nutrition technology research and development company, and founder of PacificHealth Laboratories. He is co-author of Nutrient Timing and The Performance Zone

## Users Review

**From reader reviews:**

**Rebecca Kurtz:**

Exactly why? Because this The Performance Zone: Your Nutrition Action Plan for Greater Endurance & Sports Performance (Teen Health Series) is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining way but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of benefits than the other book possess such as help improving your expertise and your critical thinking technique. So , still want to postpone having that book? If I ended up you I will go to the book store hurriedly.

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