



# The Ergogenics Edge: Pushing the Limits of Sports Performance

*Melvin H. Williams*

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## **The Ergogenics Edge: Pushing the Limits of Sports Performance** Melvin H. Williams

Dr. Mel Williams presents nearly every current nutritional, pharmacological, physiological, biomechanical, and psychological means used to aid sports performance. He expertly rates more than 60 sports ergogenics based on the following criteria: sport-specific effectiveness, safety, legal aspects, and ethical concerns. Also included is a complete listing of prohibited substances and treatments.

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