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# Sports Supplements: Which Nutritional Supplements Really Work

*Anita Bean*

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# Sports Supplements: Which Nutritional Supplements Really Work

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**Sports Supplements: Which Nutritional Supplements Really Work** Anita Bean
Bestselling author Anita Bean tackles nutritional supplements in this easy-to-read guide for anyone interested in optimising their training programme. There are a huge variety of sports supplements on the market, from pills and powders to drinks and bars. They claim to increase muscle tissue, improve endurance, promote fat burning or improve strength, but many are also banned in sport, for example ephedrine, which could result in a positive drugs test. Others, such as creatine are widely used and not banned, but still need to be used with caution. Sifting through the multitude of products can be an overwhelming task, especially in light of persuasive advertising campaigns. Scientific research may be exaggerated, or used selectively by manufacturers. Anita cuts through the hype and does the research for you, supplying you all with the right information to make an informed decision, based on your needs as an athlete.

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