



Griffiths' Sport Supplement Review

Dr P J Griffiths

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A complete A - Z guide to 78 of the most commonly used sport supplements with scientific evaluation of effectiveness and safety by an expert medical doctor. Based on nearly 700 scientific studies and three years of research this is the most complete book on sport supplements available.

Essential reading for sports people and bodybuilders.

Have you ever wondered how top professional bodybuilders, fitness models and athletes achieve such remarkable results which always seem to elude the rest of us?

Even those professionals who don't use illegal drugs or other such aids to their amazing results seem to have some crucial advantage over 99% of other people who spend hours in the gym and hundreds of dollars on useless supplement after useless supplement.

The secret of their "**unfair advantage**" is simply knowledge. They have professional trainers, nutritionists and sports doctors with access to scientific research the general public just doesn't hear about.

And if not they know someone who does. These people work in a closely guarded circle of insiders and they don't give out their professional secrets easily because their income depends on it. Put simply they know what works and what doesn't.

For the first time Dr. Peter Griffiths makes this crucial **insider information** available to the general public. This is like having **your own personal doctor to give you a science based opinion on the effectiveness of any supplement** before you part with your cash.

If you haven't had the results you wanted in the past perhaps you've already started to realise how much this book could help you.

Find out the best **anabolic supplements**, the best **fat loss supplements**, which supplements do both, **supplements for endurance**, what really works for **liver protection**, **testosterone boosters** - which ones work and which ones don't, **growth hormone boosters** evaluated, the real evidence for **herbal diuretics**, the evidence for **adaptogens**, are **anti-estrogen supplements** effective?.

Professional level supplement information based on three years of research and with nearly 700 fully referenced scientific studies gives you the knowledge you need to get your own "unfair advantage".

Here's the full list of supplements covered -

- Achyranthes
- Agaricus
- Agmatine
- Allothiamine
- Alpha Glycerylphosphorycholine

- Alpha-Ketoglutarate
- Arachidonic Acid
- Avena Sativa
- Bacopa Monniera
- Banaba
- BCAAs
- Benfotiamine
- Berberine
- Bergenin
- Beta Alanine
- Beta Sitosterol
- Betaine
- Buchu
- Caffeine
- Calcium D-Glucarate
- Capsaicin
- Cassia Cinnamon
- Cayaponia Tayuya
- Chasteberry
- Choline
- Chromium
- Cissus QuadrangularisCitrulline Malate
- Conjugated Linoleic Acid
- Creatine Monohydrate
- Damiana
- Dandelion
- Danshen
- DHEA
- 7-Keto-DHEA
- DIM - Diindolylmethane
- Dodder
- Ecdysteroids
- Eurycoma Longifolia
- Evodiamine
- Flaxseed Oil
- Forskolin
- Geranamine
- Glucuronolactone
- Glutamine
- Glycyrrhetic Acid
- Green Tea
- Guanidinopropionic Acid
- Guarana
- Guggulsterones E & Z
- Gynostemma
- HCA
- HMB
- Hoodia Hordenine
- Humulus Lupulus

- Idebenone
- Jojoba
- Methoxyisoflavone
- Micellar Casein
- Milk Thistle
- Mucuna Pruriens
- Naringin
- Nettle
- Norvaline
- Octopamine
- Oleuropein
- Ornithine alpha-ketoglutarate
- Phenibut
- Raspberry Ketones
- Resveratrol
- Rhodiola Rosea
- Sesamin / Episesamin
- Sodium D - Aspartate
- Synephrine
- Tribulus Terrestris
- Uva Ursi
- Whey protein
- Yohimbe / Yohimbine
- ZMA

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Kayla Wilson:

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