

CERTIFICATION MANUAL

# The Essentials of Sport and Exercise Nutrition

FORMS

By Jimi Brown, PhD, CSCS  
Ryan Andrews, MS, NS, RD  
Brian St. Pierre, MS, RD, CSCS  
Kately Scott-Dixon, PhD  
Heidi Kistler, PhD, CSCS  
Dennis DeFuria



Precision Nutrition

# Essentials Of Exercise Manual

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