



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

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