



The Bodybuilder's Nutrition Book

By *Franco Columbu*

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The Bodybuilder's Nutrition Book By Franco Columbu

Dr. Franco Columbu, a well-known expert on nutrition and kinesiology (and two-time Mr. Olympia) presents the most successful strategies and diet plans for achieving a superior physique. How the body utilizes the basic nutrients and how to use that to your advantage is explained in detail.

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