

# The Anabolic Index: Food and Supplement Scoring Guide (Volume 2)

David Barr

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The Food and Supplement Scoring Guide contains the key to unlocking the anabolic potential of the most powerful foods and supplements. In addition to the most effective product profiles, this guide contains information including: optimal usage protocol, timing, dosage, and synergistic nutrients, with dozens of quick tips along the way! This guide is a must-have for anyone who uses supplements... or even food! No longer will you view nutrients as passive substances; active nutrition is the future and it's here. The Anabolic Index will show you how to make your nutrition and supplements work for you! Whether you're an advanced athlete trying to improve performance and recovery, or a recreational enthusiast seeking to improve your physique, the Anabolic Index series will show you how to achieve your athletic goals. Years of research, analysis, and experimentation have gone into developing the system, which is presented in this easy to use guide. The Anabolic Index will take the guesswork out of nutrition!



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