



The Anabolic Index: Optimized Nutrition and Supplementation Manual (Volume 1)

David Barr

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Along with the popular 5 Keys to The Anabolic Index, the Nutrition and Supplement Manual will show you how to make your diet work for you. This step-by-step guide covers everything you need to know to optimize your results through active nutrition and supplementation. 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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