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William Llewellyn is a very knowledgeable source regarding Anabolic substances as well as a range of Sport Supplements. This is a no-nonsense reference that will be very helpful to the newbie and experienced users as well. I found myself wanting more, but I have been studying supplements, and using myself, and my clients from time to time, as guinea pigs for about 32 years now. Can you find most of the information within it's pages scattered around the Internet?

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While this is by no means an extensive guide referencing Sport Supplements, it exceeds quite a few others I have used. William Llewellyn is a very knowledgeable source regarding Anabolic substances as well as a range of Sport Supplements. This is a no-nonsense reference that will be very helpful to the newbie and experienced users as well.

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William Llewellyn is rocking the supplement industry with his latest book, the SPORT SUPPLEMENT REFERENCE GUIDE. Using his "no bull" approach, Llewellyn breaks down which performance-enhancing supplements are backed by real science and research, and which ones are pure hype.

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