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1. Int J Sport Nutr Exerc Metab. 2010 Dec;20(6):515-32. Nutritional strategies to promote postexercise recovery. Beelen M(1), Burke LM, Gibala MJ, van Loon LJC. Author information: (1)Dept. of Human Movement Sciences, Maastricht University Medical Center, Maastricht, The Netherlands.

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