
Hells Hole Mt Gambier

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Dr. Benardot is the inventor of NutriTiming® web-based and Apple iOS software. To date, he authored 7 books, 17 book chapters, and many journal articles. His most recent book is Advanced Sports Nutrition-2nd Edition.

Dan Benardot, PhD,

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Benardot's latest book is the "Advanced Sports Nutrition 2nd Edition.". He has worked with a good handful of athletes that have competed in the Olympics. Some of these athletes include the 1996 Atlanta Olympic Games, medal winners from the 2004 Athens Games, and even USA figure skaters at the 2010 Vancouver games.

Dr. Dan Benardot - Weight Loss, Nutrition, Diet Reviews

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