

Errata

Sports Nutrition: A Handbook for Professionals

SIXTH EDITION

A numerical error has been found on page 331 of the Sixth Edition of *Sports Nutrition: A Handbook for Professionals*. The book originally stated “The protein recommendation for athletes ranges from 1.2 to 20 g/kg body weight per day.” The corrected sentence is as follows:

The protein recommendation for athletes ranges from 1.2 to 2.0 g/kg body weight per day.

Thank you to those that brought this error to our attention.

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