

Reference:

1. Hoffman, Joy, 2002: *Physiological Aspects of Sport Training and performance*, Human Kinetics Publishers, Inc. United States of America.
2. Brown, Jennifer-Stafford; Rea, Simon; Chance, John; 2003: *BTEC National in Sport and Exercise Science*, Hodder & Stoughton, London.
3. D. McArdle, William; I. Katch, Frank; 1996: L. Katch, Victor; “*Exercise Physiology: Energy, Nutrition, and Human Performance*”, Williams & Wilkins, United States of America.

Links:

<http://www.nutrition.org.uk/>

<http://www.nlm.nih.gov/medlineplus/minerals.html>

<http://www.ext.colostate.edu/pubs/foodnut/09315.html>