5.10: Paper - A Step Towards Personalized Sports Nutrition - Carbohydrate Intake During Exercise

This article summarizes the current literature on carbohydrate and exercise.

Paper: A Step Towards Personalized Sports Nutrition: Carbohydrate Intake During Exercise:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4008807/

If you choose to publish your article as open access within the Springer Open Choice program, Springer deposits the final published version of your article into PubMed Central and it is made publicly accessible. The copyright will remain with you and the article will be published under the Creative Commons Attribution License. The cost of Springer Open Choice (USD 3000/ EUR 2200) is – as stated on the NIH web site – a permissible cost in your grant.