

Matt Mosman: EndurElite and Endurance Supplements | Episode #018

written by Mike Roberto | October 31, 2018

Get ready for a high-energy discussion with **Matt Mosman** of EndurElite, where we introduced Matt and covered his background, and then got into the *Best Supplements for Endurance Athletes!*

Our Matt Mosman Interviews from Fall of 2018

The YouTube Videos were broken into two sections, but the audio feed is one segment:

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Quite a bit of knowledge dropped here, as we discuss things like carbohydrates, beta alanine, caffeine, creatine, PeakO2, betaine, taurine, and even fat adaptation for ultra endurance athletes!

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