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Brendan Brazier is a former professional Ironman triathlete and two-time Canadian 50km Ultra Marathon Champion. He is now a successful performance nutrition [the anniversary man.pdf](#)

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Brendan brazier (author of thrive) - goodreads

Best-selling author (The Thrive Diet, Penguin 2007) and professional Ironman triathlete, Brendan Brazier is the founder and creator of a raw, organic, whole food

Vega formulator - brendan brazier

Brendan Brazier - Former professional Ironman triathlete, bestselling author and formulator of the award-winning plant-based Vega nutritional products.

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Brendan brazier s new thrive energy cookbook

May 19, 2014 Brendan Brazier prides himself on knowing how to eat well. The former professional triathlete, 39, is also pretty great at running, swimming and biking.

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Brendan Brazier is the international bestselling author of Thrive, Thrive Foods, and Thrive Fitness. Brendan is head of nutrition for the Garmin-Sharp Pro Cycling

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