



User s Guide to Vitamin C: Learn What You Need to Know About How Vitamin C Can Improve Your Total Health

By Hyla Cass M.D., Jim English

Basic Health Publications, United States, 2006. Paperback. Book Condition: New. Revised ed.. 220 x 97 mm. Language: English . Brand New Book. Vitamin C can reduce your risk of developing cancer and heart disease, improve your mood and energy levels, and even lessen cold and flu symptoms. The problem is that many people simply do not get enough vitamin C from their diets. This work explains the health benefits of this essential nutrient and how it can enhance your health.



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