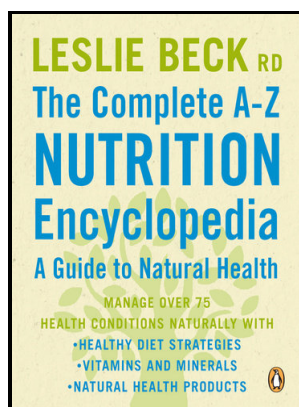


Vitamin and mineral encyclopedia

FC&A Pub. - The doctors' vitamin and mineral encyclopedia (1995 edition)



Description: -

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Minerals in human nutrition -- Encyclopedias.

Food composition -- Encyclopedias.

Vitamins in human nutrition -- Encyclopedias. Vitamin and mineral encyclopedia

-Vitamin and mineral encyclopedia

Notes: Includes bibliographical references (p. 133-136) and index.

This edition was published in 1987



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The doctors' vitamin and mineral encyclopedia (1990 edition)

But they are calories too often devoid of real nutritional value. Which are the best forms in which to take these supplements? It is vitally important, therefore, to know, first and foremost, whether the claimed indications or reasons for using any given substance are valid. Congratulations on joining the most significant health movement in history.

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As noted later, the true believers, even while making insupportable claims, often overlook real benefits that are sometimes more remarkable than the ones they have focused on. They can -- and do -- differ enormously in real value to the consumer. My focus at that time was on aging and the degenerative processes that accompany aging.

9780671740924: The Doctor's Vitamin and Mineral Encyclopedia

In large part I feel rewarded for my effort, as that book managed to garner strong support in both camps, drew both closer to the center and brought many serious researchers, previously alienated by the extremes on both sides, into the supplement arena. In this comprehensive book, Dr.

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At first there was massive resistance to this, but now the data in support of prudent nutritional supplementation are becoming so overwhelming that the resistance is fading. It was subsequently cited as a major source in a number of best-selling diet, nutrition, and other health books.

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This book can guide you to that future today, so that you can immediately begin benefiting from the very best and very latest research findings and breakthroughs related to micronutrition. It also covers many substances that are overlooked by or are unknown to other authors of supplement guides. In this book, I not only describe the most exciting nutritional and supplemental substances available, I also tell you how to use them, both individually and in a variety of combinations designed to meet specific needs and different lifestyles.

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