



Encyclopedia of Vitamins, Minerals and Supplements

Tova Navarra, Myron A. Lipkowitz

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A comprehensive, easy-to-read and understand A-to-Z resource explaining; what vitamins, minerals and supplements are; why they are necessary; what they do; how they work; the benefits they bring; nutritional analysis of diet, body-building, and other supplements; details of vitamins as treatments for disorders.

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