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USER S GUIDE TO THE B-COMPLEX VITAMINS



Basic Health Publications, United States, 2006. Paperback Book Condition: New. 213 x 94 mm. Language: English. Brand New Book. The B-complex vitamins are a family of nutrients that play multifaceted and essential roles in health and preventing disease. They are needed to make and repair DNA and increase energy levels-both key steps for slowing the aging process. Some B vitamins are needed to make mood-enhancing neurotransmitters, such as serotonin, and can have powerful antidepressant benefits. The B vitamin folic...

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- Authored by Dr Burt Berkson M.D., Ph.D., Arthur J Berkson
- Released at 2006



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