

# User's Guide to Vitamins and Minerals

By Jack Challem, Liz Brown

Basic Health Publications, United States, 2006. Paperback. Book Condition: New. 211 x 91 mm. Language: English . Brand New Book. Building on the tremendous interest in health, alternative medicine, and nutritional supplementation, the User's Guide to Nutritional Supplements Series is designed to answer the consumer's basic questions about diseases, conventional and alternative therapies, and individual dietary supplements. Written by leading experts and science writers, The User's Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues, including specific major diseases, alternative therapies, and vitamins, minerals, herbs, and other nutritional supplements. The User's Guide to Vitamins Minerals explains how these remarkable nutrients can make a big difference in your health.



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