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## The Vitamin Book (Paperback)

By Harold M Silverman

Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. America s Most Reliable Vitamin Guide. Completely Updated! We ve all heard about the miraculous curative and preventive powers of vitamins, minerals, and herbal remedies. Now the new, revised The Vitamin Book, compiled by pharmacological experts, cuts through the confusion so you learn what to take and why. Here is authoritative and up-to-date scientific information on exactly what vitamins, minerals, and herbal remedies can do for you. You ll find: Detailed descriptions of vitamins, minerals, trace elements, and electrolytes, including daily requirements, dosages, therapeutic uses, and more The latest research on St. John s wort, echinacea, CoQ10, DHEA, and other popular herbal and dietary supplements An essential guide to brand-name multivitamins found in your supermarket or health food store Specific recommendations for children, athletes, seniors, and pregnant or postmenopausal women Guidelines for safe supplement use, including megadosing and critical drug interactions The nutrient content of hundreds of common foods, including popular fast foods How computer programs can monitor your vitamin and mineral intake And much, much more.

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