



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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