



# The A to Z of Vitamins, Minerals and Supplements (A to Z Encyclopedias)

*Tova Navarra*

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## **The A to Z of Vitamins, Minerals and Supplements (A to Z Encyclopedias)** Tova Navarra

A complete guide to nutritional supplements. Since the first edition of this book, important new research has emerged and new discoveries and developments have been made. "The A to Z of Vitamins, Minerals and Supplements, Second Edition" provides a current, fresh look at vitamins, minerals, and supplements and how they work in the human body. This layperson's guide to the nutritional options and substances that improve health helps readers make informed decisions about maintaining and strengthening their bodies. Containing more than 900 A-to-Z entries, 100 new to this edition, "The A to Z of Vitamins, Minerals and Supplements, Second Edition" explains the myths surrounding these substances, how they should be used safely, their effect on nutrition, how they might be used as treatment for various health issues, and much more. A new foreword has been added, and appendixes include a glossary, further nutritional information, the food pyramid, a statement from the American Dietetic Association, and other supplementary items.

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