



The Encyclopedia of Vitamins, Minerals and Supplements (Facts on File Library of Health & Living)

Tova Navarra R.N.

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The Encyclopedia of Vitamins, Minerals and Supplements, Second Edition looks 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.



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