



# The Encyclopedia of Vitamins, Minerals and Supplements

*Tova Navarra*

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# The Encyclopedia of Vitamins, Minerals and Supplements

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## **The Encyclopedia of Vitamins, Minerals and Supplements** Tova Navarra

Since the first edition of this book was published nearly a decade ago, the dietary supplement market has skyrocketed to a USD6 billion industry and the government has established an Office of Dietary Supplements within the National Institutes of Health. A good deal of new research has emerged and new discoveries and developments have occurred. The Encyclopedia 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 up-to-date, A-to-Z entries, of which approximately 100 are new to this edition, The Encyclopedia of Vitamins, Minerals and Supplements, Second Edition explains 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. All entries are concise, readable, and reliable, presenting the most recent information on the subject. A new foreword has been added, and appendixes offer fast access to many useful resources. 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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