

Encyclopedia Of Nutritional Supplements: The Essential Guide For Improving Your Health Naturally

by Michael T Murray

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Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally Paperback â€” July 24, 1996. by Michael T. Murray (Author).Â The companion volume to the Encyclopedia of Natural Medicine (see above) offers detailed profiles of vitamins, minerals, essential fatty acids, and other nutritional supplements. What sets this guide apart from similar works is the impressive list of references for each entry (55 pages in total). An excellent buy. Copyright 1999 Reed Business Information, Inc.Â In his new book, Encyclopedia of Nutritional Supplements, naturopathic physician Michael T. Murray guides readers through the often complex, conflicting information regarding nutritional supplements. Encyclopedia of Nutritional Supplements : The Essential Guide for Improving Your Health Naturally. Average rating: 0 out of 5 stars, based on 0 reviews Write a review.Â Murray, one of the leading health writers in America, brings his voice to the topic of nutritional supplements and the role they can play in achieving and maintaining optimum health.Â Each chapter profiles major vitamins, minerals, essential fatty acids, nutrients, and glandular extracts, including information on the following: Â deficiency signs / symptoms Â recommended dietary allowance Â beneficial effects Â available forms Â principal uses Â dosage ranges Â safety issues Â interactions Based on extensive scientific research, Encyclopedia of Nutritional Supplements empowers readers to make educated

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