

The Daily Telegraph: Encyclopedia Of Vitamins, Minerals& Herbal Supplements - Sarah Brewer

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A bewildering range of vitamin, mineral and herbal supplements are now available, but legislation means that information about their health benefits cannot be given on packaging as it would constitute a health claim. Using a A - Z format Dr Sarah Brewer's guide details everything you need to know about the main vitamin, mineral and herbal supplements. It describes their benefits, possible side effects and contra-indications, together with research evidence to back their effectiveness. The second half of the book deals with over 150 individual health problems, including irritable bowel syndrome, menopause symptoms, chronic fatigue and arthritis, and suggests which supplements are likely to help. Author: Brewer, Sarah Publisher: Robinson Illustration: N Language: ENG Title: The Daily Telegraph: Encyclopedia of Vitamins, Minerals& Herbal Supplements Pages: 00300 (Encrypted EPUB) On Sale: 2012-10-25 SKU-13/ISBN: 9781472103642 Category: Health & Fitness : General

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