



The Everything Vitamins, Minerals, and Nutritional Supplements Book (Everything (Health))

Maureen Ternus, Kitty Broihier

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Consumers are increasingly interested in how they can use nutritional supplements such as vitamins and minerals to protect and improve their health. And since new uses for supplements are being discovered every day, it's hard for anyone to keep track of what the best choices are for their particular conditions.

The Everything Vitamins, Minerals, and Nutritional Supplements Book contains the most up-to-date information on how to stay healthy with the help of these dietary additions. With complete profiles for every type of supplement, this important new book covers recommended dosages for all ages, common uses, and important warnings, so that readers can decide which treatments are right for them.

Including:

How to prevent colds with Vitamin C or Zinc

Treating arthritis and depression with SAMe

The truth about weight loss with Chitosan and Chromium

Hormonal supplements

Sodium and blood pressure

And much, much more!

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