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# Smart Guide™

to

# Vitamins & Healing Supplements

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**Smart Tips** on designing the perfect vitamin and supplement regimen to fit your individual needs

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**Smart Definitions** of hundreds of vitamins and supplements—exactly what they do and how to use them

**Ruth A. Ricker, Ph.D.**  
Bestselling coauthor of *Backtalk*



# Smart Guide To Vitamins Healing Supplements

**A Gutmann**



## **Smart Guide To Vitamins Healing Supplements:**

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