

MARY DAN EADES, M.D.
co-author of *Protein Power*

UPDATED
AND
EXPANDED

THE
DOCTOR'S
COMPLETE GUIDE
TO
VITAMINS
AND
MINERALS



- Cutting-edge research on the latest therapeutic use of vitamins and supplements
- Detailed descriptions of all the benefits of hundreds of vitamins, minerals, and nutrients
- All-new section on herbs, featuring thirty-seven herbs, from alfalfa to wild yam
- User-friendly A-Z format lists hundreds of diseases, disorders, and conditions—with advice on dietary supplements, nutrition, herbal treatments, and what to avoid

The Doctors Complete Guide To Vitamins And Minerals

Lauren Gardner



The Doctors Complete Guide To Vitamins And Minerals:

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