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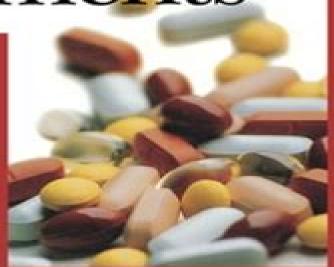
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Smart Tips on designing the perfect vitamin and supplement regimen to fit your individual needs

Smart Strategies for using healing vitamin and supplement therapies to treat a variety of illnesses, from the common cold to hypertension

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 And Healing Supplements**

**L Darling-Hammond** 

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