

THE ESSENTIAL GUIDE TO VITAMINS AND MINERALS



SECOND EDITION

*A Comprehensive Analysis
Grounded in the Most
Up-To-Date Scientific Literature
and Based on Thousands of
Research Studies*

*Detailed Profiles and
Recommended Dietary
Allowances for More Than
40 Vitamins and Minerals*

*Meal-Planning Guidelines,
Understanding Supplements,
and Treatment and Prevention
of Diseases*

ELIZABETH SOMER, M.A., R.D.
HEALTH MEDIA OF AMERICA

Essential Guide Vitamin Mineral Second Edition

Dr. N. E. Ahajumobi



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