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Fundamentals of Human Nutrition E-Book Catherine Geissler, Hilary Powers, 2009-07-07

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The Complete Book of Food and Nutrition Jerome Irving Rodale,1961

The Complete Book of Vitamins Charles Gerras,Joseph

Golant,1977 Explains the function of vitamins in maintaining health and how to select vitamin supplements provides a detailed description of every recognized vitamin and discusses specific ailments in which vitamin therapy has been used

Prevention Magazine's Complete Book of Vitamins and Minerals Prevention Magazine,Prevention Magazine Editors,1992 Describes the best way to use vitamins and minerals to enhance your health and to help in healing Selecting multiple vitamins and minerals how to customize your dietary needs shopping tips and recipes are just a few items discussed

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