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Encyclopedia of NUTRITIONAL SUPPLEMENTS

The Essential Guide for Improving Your Health Naturally



MICHAEL T. MURRAY, N.D.

Coauthor of the bestselling *Encyclopedia of Natural Medicine*
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OVER 175,000
IN PRINT!

Michael T. Murray

Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally



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Folks of the nineties wish empowerment over illness. Murray guides visitors through the often complex, conflicting information regarding nutritional supplements. if they know the facts! safety problems · And they have got it—obtainable forms · principal uses · recommended nutritional allowance · beneficial effects · Each chapter profiles major vitamins, minerals, efa's, nutrients, and glandular extracts, including info on the following: · deficiency symptoms / symptoms · dosage ranges · In his fresh book, Encyclopedia of Nutritional Supplements, naturopathic doctor Michael T. interactions Based upon extensive scientific research, Encyclopedia of NATURAL SUPPLEMENTS empowers readers to make educated decisions about which supplements to take pertaining to health issues including cancer, arthritis, major depression, high cholesterol, allergies, heart disease and more.



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