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DR. COLBERT'S  
**GUIDE**  
to VITAMINS &  
SUPPLEMENTS

BE EMPOWERED TO MAKE  
WELL-INFORMED DECISIONS



NEW YORK TIMES BEST-SELLING AUTHOR

**DON COLBERT, MD**

M.D. Don Colbert

Dr. Colbert's Guide to Vitamins and Supplements: Be Empowered to Make Well-Informed Decisions



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From the writer of the brand new YORK TIMES best-selling books The Seven Pillars of Health and I Can DO THAT Diet, along with best sellers Toxic Relief, the Bible Cure series, Living in Divine Health, Deadly Emotions, Stress Less, and What Would Jesus Eat? Dr. Don Colbert has offered more than TEN MILLION books. Whether it is to slow growing older, lose weight, stability hormones, increase energy, or heal and stop specific health issues and diseases, this publication will be an important device in the hands of wellness conscious visitors. Colbert's slowing the aging process, slimming down, balancing hormones, boosting energy, or curing and preventing disease Eat the proper foods to increase the benefits of your supplement plan and reach your goals faster Break any dietary and lifestyle practices that could be interfering with your body' Dr. and recognize harmful and expensive elements to avoid Create the right mix of nutrients and the proper dosage to reach your unique health goals— Don Colbert, MD, who has published a lot more than forty books, now offers all of his tips for nutritional supplements in a single volume, explaining how exactly to: Pick the best multivitamins and individual health supplements—s unique, balanced, natural health approach will help readers to make sense of the overwhelming info available on vitamins and supplements, empowering them to make up to date decisions specific with their wellness goals.s ability to fully benefit from the nutrients you ingest



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