

Molecular Basis of Human Nutrition



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出版者:CRC Pr | Llc

出版时间:2003-6

装帧:Pap

isbn:9780748407538

Molecular Basis of Human Nutrition focuses on the metabolic basis of human nutrition, detailing recent knowledge and research in this field. It explains the biochemical functions of the essential nutrients and the physiological consequences of deficient and excessive intakes. These are described within the context of normal human diets and requirements for health. Although this book is about human nutrition, in some instances there are comparisons with and examples of other mammalian species to facilitate understanding of the principles. Molecular Basis of Human Nutrition is the only book to cover this particular subject and will prove very popular with both students and lecturers alike.

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