

# The G-Jo Institute Manual of Vitamins and Minerals The G-Jo Institute self-health series



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A most important guide to eating naturally for pleasure and health!  
This vital instructional guide and reference manual describes all the important vitamins and minerals you and your family need for a healthy, happy life.

In this easy-to-use manual you will discover:

- \* Lists of common, vegetarian foods that provide each vitamin and mineral...
- \* Ailments and disorders that a deficiency of each nutrient often produces...
- \* Safe and maximum doses of nutritional supplements~..
- \* What each supplement must be taken with for complete absorption...

~.. and much, much more! One of the most complete books oll the subject of nutritional supplements and foods you can find:

作者介绍:

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