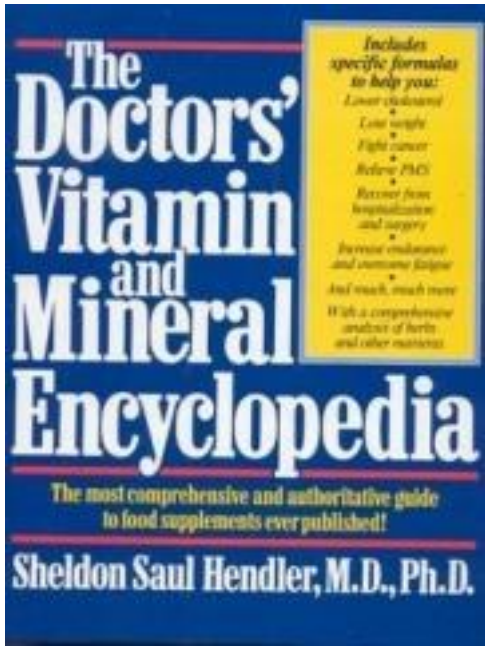


Doctor's Vitamin and Mineral Encyclopedia



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<p>In this comprehensive book, Dr. Sheldon Saul Hendler has compiled the most complete, authoritative, and up-to-date guide to nutritional supplements ever published. Ranging from Vitamin A to Zinc, from fish oil to ginseng, more than 200 entries for vitamins, minerals, amino acids, herbs, and other dietary supplements:

</p>

<p>separate proven therapeutic benefits from unsubstantiated claims

evaluate the supplement's possible positive and negative effects

recommend dosages and nutrient sources for promoting specific health goals

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<p>Dr. Hendler also provides nutrient formulas based on thorough medical research that can help to:

</p>

<p>lower cholesterol

fight cancer

speed weight loss

build immunit</p>

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