

# Dietary Supplements



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The use of dietary supplements in the United States is widespread and continues to grow as more people seek alternative and complimentary medicines. Herbal products are mainly regulated as dietary supplements but our scientific understanding of the efficacy of these botanical supplements remains limited. This book provides the latest findings and perspectives related to dietary supplements, phytochemistry of botanical dietary supplements, bioactive compounds in teas and fruits, and the safety and bioactivity of selected dietary supplements.

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