

# Vitamin C



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This book tells the story of how the controversy about vitamin C has grown and continues even as increasing evidence demonstrates the value of the orthomolecular approach. The story of vitamin C is an exciting journey into the workings of science and medicine, the intrigues of political and economic influences, and the evolutionary history of humankind. Vitamin C is a simple molecule with powerful effects. If you want to be healthy you should take enough vitamin C. After reading this book you will know why and how much.

作者介绍:

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