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**Carol Davenport, Jeremy Pollard, Susan  
Gardner, Malcolm Bradley**



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**Publishers Trade List Annual, 1996, 1** R R Bowker Publishing,Trade List Annual 199 Publishers',1996-09

**Encyclopedia of Nutritional Supplements** Michael T. Murray, N.D.,1996-07-24 Naturopathic physician Michael T Murray guides readers through the often complex conflicting information regarding nutritional

supplements Each chapter profiles major vitamins minerals essential fatty acids nutrients and glandular extracts including information on the following deficiency signs symptoms recommended dietary allowance beneficial effects available forms principal uses dosage ranges safety issues interactions Based on extensive scientific research Encyclopedia of Nutritional Supplements empowers readers to make educated decisions about which supplements to take for health conditions including cancer arthritis depression high cholesterol allergies heart disease and more

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