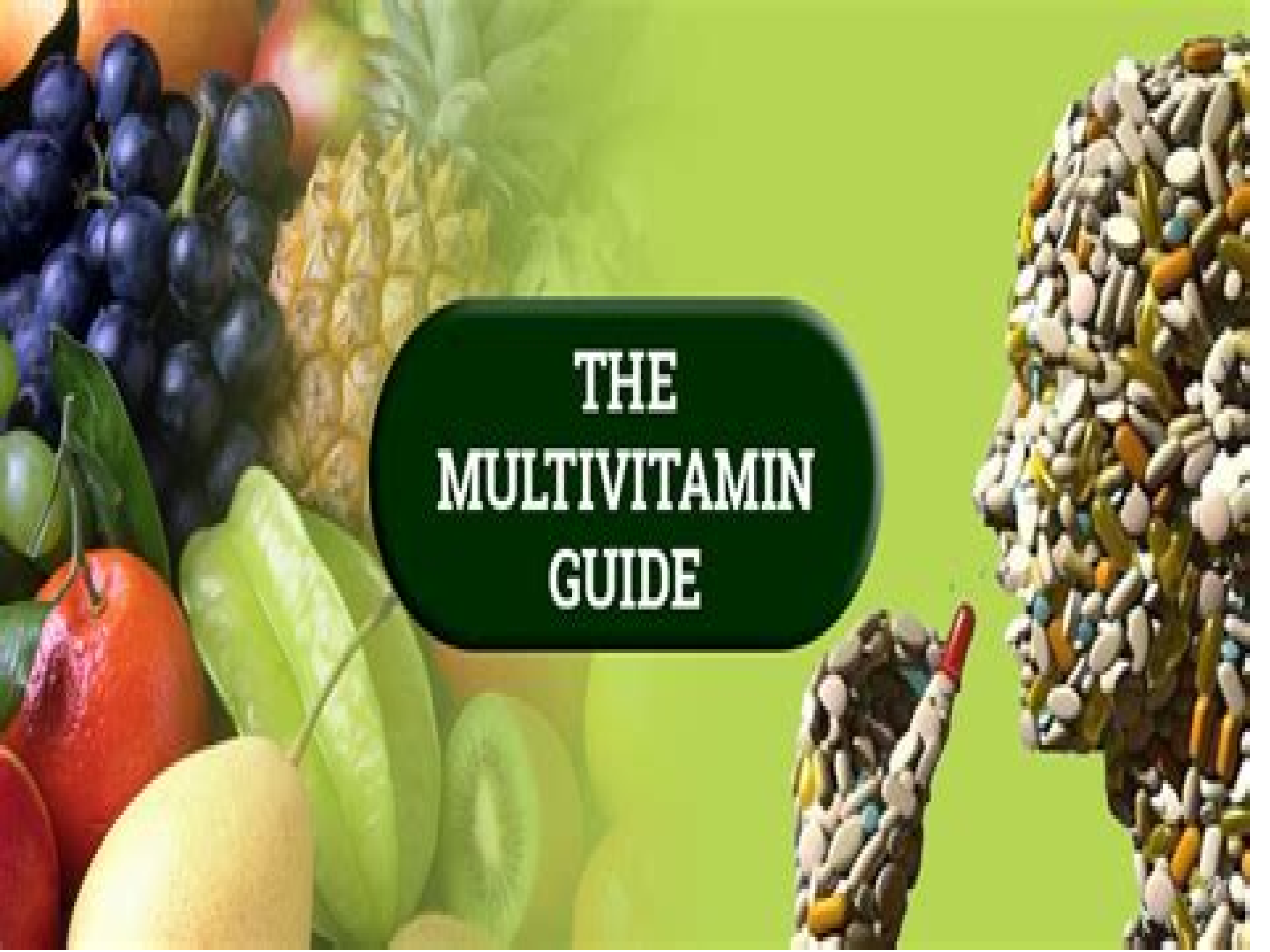


The image features a vibrant collage of fresh produce on the left side, including clusters of purple and green grapes, a whole pineapple, a red apple, a kiwi, and a banana. On the right side, there is a large, detailed pile of various pills and capsules in different shapes, sizes, and colors (white, yellow, orange, blue, green). In the center, a dark green rounded rectangle contains the title text in white, bold, serif capital letters.

THE MULTIVITAMIN GUIDE

The Multivitamin Guide

Yi-Tong Ma



The Multivitamin Guide:

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Medical and Health Guide for People Over Fifty Dartmouth Institute for Better Health, 1986 Proven Wealth Formulas and Techniques Charles G. West, 2002 **The Vitamin Book** Harold M. Silverman, Joseph Romano, Gary Elmer, 2009-12-23 America's Most Reliable Vitamin Guide Completely Updated We've all heard about the miraculous curative and preventive powers of vitamins minerals and herbal remedies Now the new revised The Vitamin Book compiled by pharmacological experts cuts through the confusion so you learn what to take and why Here is authoritative and up to date scientific information on exactly what vitamins minerals and herbal remedies can do for you You'll find Detailed descriptions of vitamins minerals trace elements and electrolytes including daily requirements dosages therapeutic uses and more The latest research on St John's wort echinacea CoQ10 DHEA and other popular herbal and dietary supplements An essential guide to brand name multivitamins found in your supermarket or health food store Specific recommendations for children athletes seniors and pregnant or postmenopausal women Guidelines for safe supplement use including megadosing and critical drug interactions The nutrient content of hundreds of common foods including popular fast foods How computer programs can monitor your vitamin and mineral intake And much much more *Funk & Wagnalls Family Medical Guide* Jeffery W. Ellis, Zachary S. Fainman, 1990 **Physicians' Desk Reference for Nonprescription Drugs**, 2003 *Family Medical Guide* Ira J. Chasnoff, Jeffrey W. Ellis, Zachary S. Fainman, 1983 A Guide to the Use of Fluorides for the Prevention

of Dental Caries Louis W. Ripa, 1986 *Vitamin Nutrition for Ruminants*, 1984 Recommends and provides scientific information used as guidelines for optimal vitamin fortification of ruminant diets Offers knowledge of the vitamins their role in metabolism and interrelationships with other nutrients as required for complete understanding of ruminant nutrition

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