

Utilisation pratique des compléments alimentaires

— Vitamines et Oligoéléments —



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Utilisation Pratique Des Compleacutements Alimentaires Vitamines Et Oligoeacutecomplements

Dr. Paul Dupont



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Utilisation pratique des compléments alimentaires Paul Dupont, 2004 Une alimentation saine et appropriée apporte les vitamines les oligoéléments et les minéraux utiles notre équilibre physique psychologique et psychique Or des troubles tirent la sonnette d'alarme nos besoins ne sont plus couverts et les carences de plus en plus fréquentes en vitamines et en oligoéléments induisent des troubles ou des maladies tout au long de la vie Les compléments alimentaires permettent prévenir de prévenir ces carences ou de les combattre en apportant les doses quotidiennes recommandées Ce livre est un véritable guide consultable pour toute la famille vous y trouverez les informations indispensables pour connaître rapidement les compléments alimentaires appropriés quel que soit votre âge Il contient de nombreux tableaux qui présentent pour chaque vitamine et chaque oligoélément les signes de carence les sources naturelles le complément alimentaire suggérer les valeurs quotidiennes recommandées pour le nourrisson l'enfant l'adolescent l'adulte la femme enceinte les seniors Une liste des principaux troubles classés par ordre alphabétique avec les compléments recommandés Les besoins spécifiques aux personnes âgées Les cures hebdomadaire mensuelle et annuelle proposées quel que soit votre âge mais aussi des cures adaptées à l'adolescent la femme enceinte et aux seniors

Utilisation pratique des compléments alimentaires Dr. Paul Dupont, 2014-11-03 Ce livre est un guide familial très complet avec de nombreux tableaux et des index alphabétiques pour un usage facile et rapide Pour chaque vitamine et chaque oligoélément les signes de carence Les sources naturelles Le complément alimentaire suggérer Les valeurs quotidiennes recommandées pour le nourrisson l'enfant l'adolescent l'adulte la femme enceinte les seniors

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