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# Vitamins, Minerals, And Supplemental Antioxidants: An Honest Basic Guide To Nutritional Supplements

Vitamins,  
Minerals, and  
Supplemental  
Antioxidants

An Honest Basic Guide to  
Nutritional Supplements

Robert S. Rister



## Synopsis

We all know that vitamins are vital and minerals are a must for good health. But did you know that eating fish sauce too often can induce a thiamine deficiency? Or that failing to chew your carrots deprives you of a second form of carotene? Or that drinking too much orange juice can actually induce scurvy? Or that one form of vanadium helps blood sugar regulation while another makes it worse? Or that some people actually get sick from folic acid supplements and vitamin-fortified foods but desperately need methylfolate supplements? This book is an easy to read, evidence based factual guide to the vitamins, minerals, and most often supplemented antioxidants. Not designed to persuade you to buy any particular product, it tells you everything you need to know about these essential ingredients of good nutrition, and how to get them from simple foods and inexpensive supplements, as well as how to use them to support recovery from specific health concerns.

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## Customer Reviews

I enjoyed reading this book. First and foremost it was easy to understand and very informative. The author describes each vitamin, minerals and antioxidant in great detail and how it relates to the body. Awesome read!

The author gave a lot of great information. He breaks it down and makes it so easy to understand. He also gives good examples. I never felt lost and would recommend this book.

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