



## Guide to Nutritional Supplements

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# Guide to Nutritional Supplements

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The rapidly expanding world of nutrition, functional foods and nutraceuticals, is increasingly complex. This Guide to Nutritional Supplements provides a concise and complete reference to the most common nutritionally significant elements. Including dietary guidelines, intake measurements and other contextual information, this Guide is the ideal reference for nutritionists and dieticians facing an increasing public awareness of supplements and who many be augmenting their diets with OTC supplements.

Focused on the nutritional values, impacts and interactions of supplements

Provides a science-based approach to determining the appropriate selection and application of supplements for improved diet and nutrition



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