



Handbook of Minerals as Nutritional Supplements (Modern Nutrition Science)

Robert A. DiSilvestro

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This handbook provides a comprehensive presentation of the current status of research on mineral supplements. The author discusses the science behind each of the major minerals, current research on the mineral's ability to correct deficiencies that may affect health, and some of the popular claims made about the mineral. This is the first book on supplements written by a university mineral researcher specifically for the biomedical research and professional health care community. Technical enough to satisfy a biomedical audience, the information avoids jargon used just by mineral specialists. Each chapter is set up with the same headings, so that quick retrieval of information is easy.

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