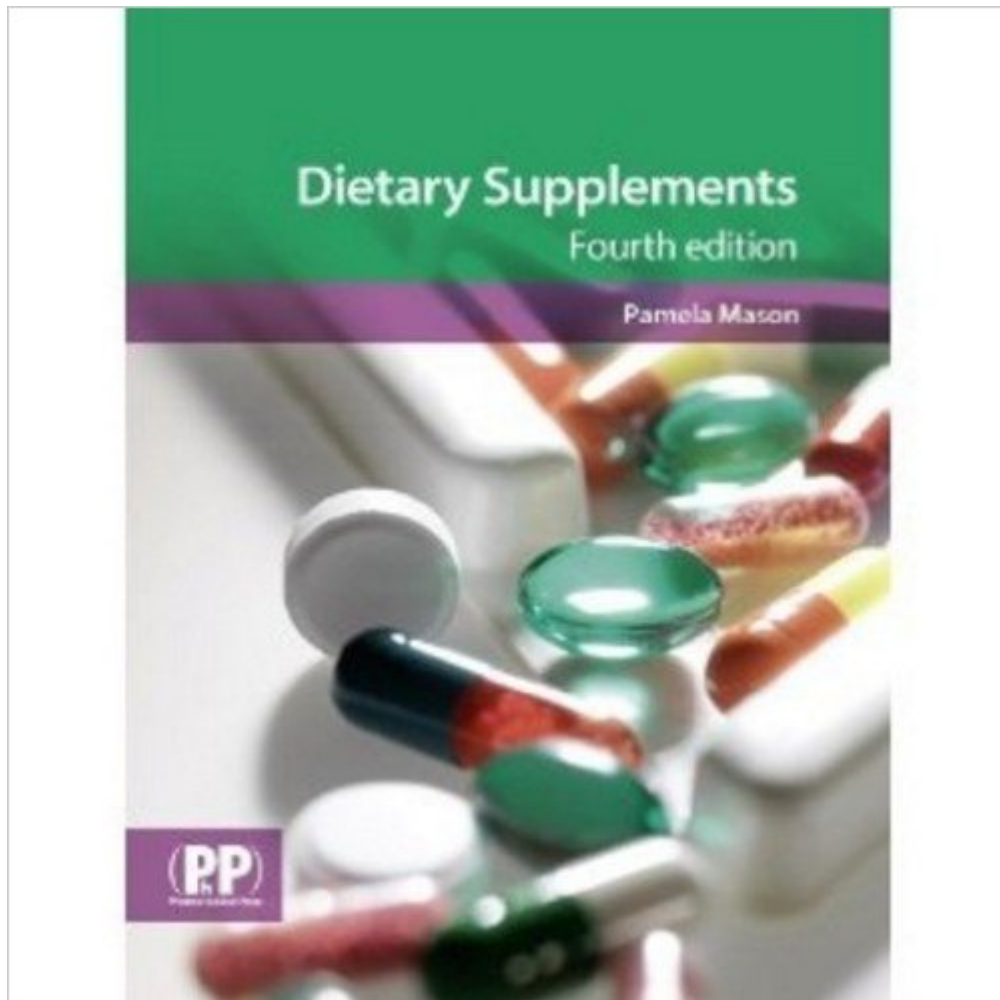


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# Dietary Supplements



## Synopsis

Dietary Supplements is a comprehensive monograph-based guide to the most commonly used vitamins, minerals and dietary supplements. This edition contains 108 regularly structured monographs with information on uses, action, safety (adverse effects, pregnancy, interactions), efficacy, and dosage. It also contains useful appendices including a summary of interactions with conventional medicines. Changes to the new edition: fully revised and updated with findings from the recent literature on common supplements such as antioxidants, calcium, fish oils, folic acid, glucosamine, isoflavones, probiotics and vitamin D.; includes 26 monographs new to this edition on Pumpkin seed, Hydroxycitrate, 5 HTP, Dong quai, Arginine, Collagen hydrolysate, Wheat germ oil, Hyaluronic acid, Cetyl fatty acids, Red yeast rice, Lactase, Androstenedione, Cinnamon, Glutathione, Beta-alanine and Olive leaf extract; research studies tabulated for some of the larger monographs ensuring readable format. Dietary Supplements offers an essential reference source for pharmacists, dietitians, CAM practitioners and other health professionals.

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