



The Vitamin Book

Harold M. Silverman, Joseph Romano, Gary Elmer

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America's Most Reliable Vitamin Guide...Completely Updated!

We've all heard about the miraculous curative and preventive powers of vitamins, minerals, and herbal remedies. Now the new, revised **The Vitamin Book**, compiled by pharmacological experts, cuts through the confusion so you learn what to take and why.

Here is authoritative and up-to-date scientific information on exactly what vitamins, minerals, and herbal remedies can do for you. You'll find:

Detailed descriptions of vitamins, minerals, trace elements, and electrolytes, including daily requirements, dosages, therapeutic uses, and more

The latest research on St. John's wort, echinacea, CoQ10, DHEA, and other popular herbal and dietary supplements

An essential guide to brand-name multivitamins found in your supermarket or health food store

Specific recommendations for children, athletes, seniors, and pregnant or postmenopausal women

Guidelines for safe supplement use, including megadosing and critical drug interactions

The nutrient content of hundreds of common foods, including popular fast foods

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