



## Vitamins: Know More About Vitamins, Minerals & Supplements

By Tasha Jennings

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Vitamins: Know More About Vitamins, Minerals & Supplements, Tasha Jennings, As many people's busy lifestyles and hectic schedules eat into their time to prepare quality, wholesome and nutrient-rich food, it often means they miss out on optimal vitamin and mineral intake. Even those with a diverse diet could be lacking in vitamin and mineral intake without even knowing it. Vitamins and minerals are key factors in our development, health, energy levels, disease resistance and are key to our survival. But what are they? What do they do for you? How much do you need? How do you know if you have taken enough? How do you know if you have taken too much? What are the best sources? And what about supplements? This updated edition provides all the information you will need to navigate your way through the complex maze of nutritional supplements, past the advertising jargon and media hype, and help you to make informed decisions about your health.



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