



The Real Vitamin and Mineral Book, 4th edition: The Definitive Guide to Designing Your Personal Supplement Program

By Shari Lieberman, Nancy Pauling Bruning

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With more than 300,000 copies in print, *The Real Vitamin & Mineral Book* is a trusted resource for people seeking to make sense of the plethora of information about nutritional supplements. Now in its fourth edition, this book provides up-to-date scientific validation for the use of dietary supplementation in both the treatment and prevention of disease and for overall optimum health-the very facts that are not made available to consumers when they purchase supplements.

In this fully revised and updated fourth edition, readers will find:

- complete usage and dosage recommendations for the twenty-eight basic vitamins and minerals that every person needs to promote health and to slow aging;
- advanced recommendations for special conditions that may require additional supplementation; and
- quick-reference charts and tables for easily updating supplement regimens.

With clear, understandable explanations, the most current scientifically documented nutrient guidelines, and easy-to-follow charts, *The Real Vitamin & Mineral Book* is concise and to the point-the only resource readers will need.

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