

1. Record Nr.	UNINA9910708123403321
Autore	Kroner Zina
Titolo	Vitamins and minerals : fact versus fiction // Zina Kroner
Pubbl/distr/stampa	Santa Barbara : , : Greenwood, , 2011 London : , : Bloomsbury Publishing (UK), , 2024
ISBN	979-82-16-03264-9 1-283-05652-6 9786613056528 0-313-38225-5
Descrizione fisica	1 online resource (xi, 383 pages) : illustrations
Collana	LC science tracer bullet ; ; TB 00-1
Classificazione	HEA023000HEA020000HEA030000
Disciplina	613.2/86
Soggetti	Dietary supplements Minerals in nutrition Vitamins
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based on print version record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Introduction; 1. 5-Hydroxy-Tryptophan (5-HTP); 2. Alpha Lipoic Acid; 3. Beta-Sitosterol; 4. Biotin; 5. Calcium; 6. Chromium; 7. Coenzyme Q <sup>(10)</sup> (CoQ <sup>(10)</sup> ); 8. Copper; 9. Creatine; 10. D-Ribose; 11. Folic Acid; 12. Glucosamine; 13. Glutathione (GSH); 14. L-Carnitine; 15. L-Arginine; 16. Vitamin C; 17. Iodine; 18. Iron; 19. L-Glutamine; 20. L-Lysine; 21. L-Tyrosine; 22. Melatonin; 23. MSM; 24. N-Acetylcysteine; 25. Niacin (Vitamin B3); 26. Omega-3 Fatty Acids; 27. Saccharomyces Boulardii; 28. S-Adenosylmethionine (S-AdoMet); 29. Selenium; 30. Vitamin A; 31. Vitamin B12; 32. Vitamin D3; 33. Vitamin E; 34. Vitamin K; 35. Zinc; 36. Magnesium; 37. Vanadyl Sulfate; 38. Probiotics; 39. Strontium Ranelate; Index
Sommario/riassunto	"This insightful, objective, and evidence-based overview of the most commonly used supplements dispels misinformation and provides facts from a qualified physician's point of view"--