

1. Record Nr.	UNINA9910829824503321
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Titolo	Dietary supplements and functional foods [[electronic resource] /] / Geoffrey P. Webb
Pubbl/distr/stampa	Chichester, West Sussex ; ; Ames, Iowa, : Wiley-Blackwell, 2011
ISBN	1-118-78866-4 1-283-40723-X 9786613407238 1-4443-4006-9
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (330 p.)
Disciplina	615.1 615/.1
Soggetti	Dietary supplements Functional foods
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	An overview of dietary supplements and functional foods -- An overview of micronutrient adequacy -- The individual vitamins -- The minerals -- Free radicals and antioxidants -- Natural fats and oils -- Non-essential 'nutrients' that are used as dietary supplements -- Natural products and extracts -- Functional foods.
Sommario/riassunto	The study of nutritional supplements has become increasingly important within research establishments and universities throughout the world, and as the market for these products continues to grow, so does the need for comprehensive scientifically sound information about the products, their properties and potential health benefits. This second edition of Dietary Supplements & Functional Foods has been fully revised and expanded. The book looks at the accepted uses of dietary supplements and also explores the wider picture, identifying common themes and principles or particular categories