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Nota di bibliografia	Includes bibliographical references (p. [224]-238).
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 orthodox establishments throughout the world, and as the market for these products continues to grow, so does the need for comprehensive scientifically sound information about these products, their properties and potential health effects. Geoffrey P. Webb, in this exciting and most useful new book, not only looks at the accepted uses of dietary supplements, such as the use of fish oils in the prevention of heart disease and arthritis, but also explores the wider picture, identifying common themes and principles or pa