



# **Nutraceuticals: The Complete Encyclopedia of Supplements, Herbs, Vitamins and Healing Foods**

*Arthur J. Roberts, Genelle Subak-Sharpe*

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## **Nutraceuticals: The Complete Encyclopedia of Supplements, Herbs, Vitamins and Healing Foods**

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Based on the most recent scientific research, this encyclopedia combines the wisdom of conventional and alternative medicine to help readers choose and use the nutraceuticals best suited to their individual needs-and make informed decisions about their health.

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