



Vitamins That Heal

By H.K. Bakhru

Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. There are over 50 vitamins, minerals, and amino acids that can keep you healthy and fit. Your body needs only small amounts of these vitamins and minerals. But because what the body manufactures is often not enough, these must be obtained from diet and from supplements. While most books provide limited information, this book shares complete information that you are ever likely to need about vitamins, minerals, and amino acids. A balanced diet is the most sensible way of getting sufficient quantity of these nutrients. The rich and natural sources of all nutrients are listed individually to help you choose easily. Printed Pages: 216.



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