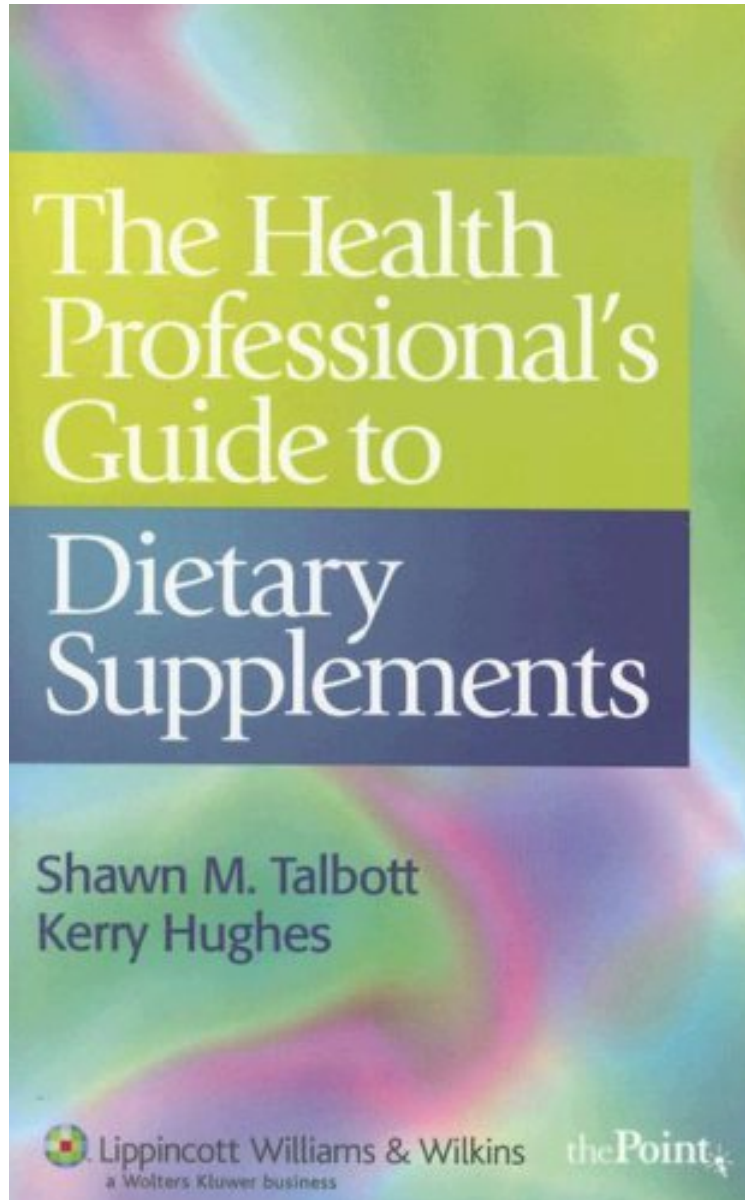


[Download free ebook] The Health Professional's Guide to Dietary Supplements

The Health Professional's Guide to Dietary Supplements

Shawn M. Talbott PhD, Kerry Hughes MSc
*ePub | *DOC | audiobook | ebooks | Download PDF*



DOWNLOAD



READ ONLINE

#731863 in Books Lippincott Williams Wilkins 2006-09-28 Original language: English PDF # 1 .64 x 5.28 x 8.381, 1.09 #File Name: 0781746728525 pages | File size: 23.Mb

Shawn M. Talbott PhD, Kerry Hughes MSc : The Health Professional's Guide to Dietary Supplements before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Health Professional's Guide to Dietary Supplements:

2 of 2 people found the following review helpful. finally a cureBy fishingnutvery infoprmative reading. easy to read

with sometimes a medical dictionary nearby. has all the info you need for finding thte right ones for your specific issues.4 of 4 people found the following review helpful. Health Professional's guide to Dietary SupplementsBy atomandevielearningtoysBook is jam-packed with scientific information about Dietary supplements. Book arrived quickly and in excellent condition. I am very happy with my purchase.0 of 0 people found the following review helpful. Four StarsBy CliffordIt's an old book but still very good - I just wish it was available in a downloadable e-format.

This quick-glance reference helps students and health professionals educate themselves and their patients/clients about the scientific evidence for and against more than 120 popular dietary supplements. Supplements are logically grouped into 12 chapters based on their primary desired effect, such as weight loss, joint support, and sports performance enhancement. The authors give each supplement a one-to-five-star rating based on the level of scientific substantiation for each of its major claimed effects. The book highlights crucial safety issues regarding each supplement and sets forth recommended dosages for particular effects. A quick-reference appendix lists all the supplements alphabetically with their star ratings.