



Earl Mindell's Vitamin Bible: How the Right Vitamins and Nutrient Supplements Can Help Turn Your Life Around

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Updated for the 1990's, this definitive vitamin guide includes all of the breakthroughs that have occurred in the past five years. Special sections cover the most current facts on vitamin nutrition, how supplements fight disease, facts on "miracle" foods, and more. World-renowned vitamin expert Mindell writes a nutrition column for Let's Live magazine.



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