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By Earl Mindell

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Earl Mindell's Vitamin Bible for the 21st Century By Earl Mindell

Containing new sections on alternative therapies, new forms of supplements, expanded information on herbals, enzymes, amino acids, antioxidants, plant hormones, plus a significantly expanded section on "cautions", this book presents readers with up-to-date information regarding vitamins, minerals, herbs, other nutrients, and good nutrition, that they can count on.

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