



The Big Family Guide to All the Vitamins

Ruth Adams

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THE 20TH PRINTING OF ONE OF THE MOST COMPLETE VITAMIN BOOKS IN PRINT! MORE THAN 400,000 COPIES SOLD! WITH A NEW, COMPREHENSIVE 7,000 WORD ESSAY ON VITAMINS. STAY TUNED, VITAMINS PROMISE TO CONTINUE TO UNFOLD AS ONE OF THE GREAT AND HOPEFUL HEALTH STORIES OF OUR DAY. WITH MAJOR PUBLICATIONS LIKE TIME AND THE NEW YORK TIMES ENTHUSIASTIC ABOUT THE HEALTH REVOLUTION VITAMIN THERAPY IS BRINGING ABOUT, AND MEDICAL AND SCIENTIFIC RESEARCHERS CONSTANTLY DEMONSTRATING NEW PROTECTIVE AND CURATIVE EFFECTS FOR VITAMINS AND OTHER NUTRIENTS, THIS COMPREHENSIVE CLASSIC OF VITAMIN INFORMATION IS BOTH HEADLINE-TIMELY AND TIMELESSLY VALUABLE. A NEW INTRODUCTORY ESSAY PRESENTS THE LATEST INFORMATION ON VITAMINS' BENEFICIAL ROLES IN ALMOST ALL MAJOR ILLNESSES, INCLUDING CANCER AND HEART DISEASE, WHILE THE BODY OF THE BOOK EXAMINES AND EXPLAINS THE FUNCTIONS OF ALL THE VITAMINS, THEIR BEST SOURCES, SPECIAL REQUIREMENTS FOR DIFFERENT AGES AND OTHER GROUPS, AND HOW TO USE THEM TO PROMOTE LIFELONG GOOD HEALTH.

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