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BETTER HEALTHY LIVING - BOOK TWO - THE NUTRITION LIST (PAPERBACK)



Ian Keir Associates, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is intended as a reference work with detailed information on the nutritions, the interactions between drugs and nutritions, the nutritions contained in different foods, a Recommended Daily Allowance, a Tolerable Upper Intake Levels for Vitamins and Minerals not found in other health books. A list of all the major nutrients (vitamins and minerals) has been included. Each nutrient has...

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- Authored by Ian James Keir
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