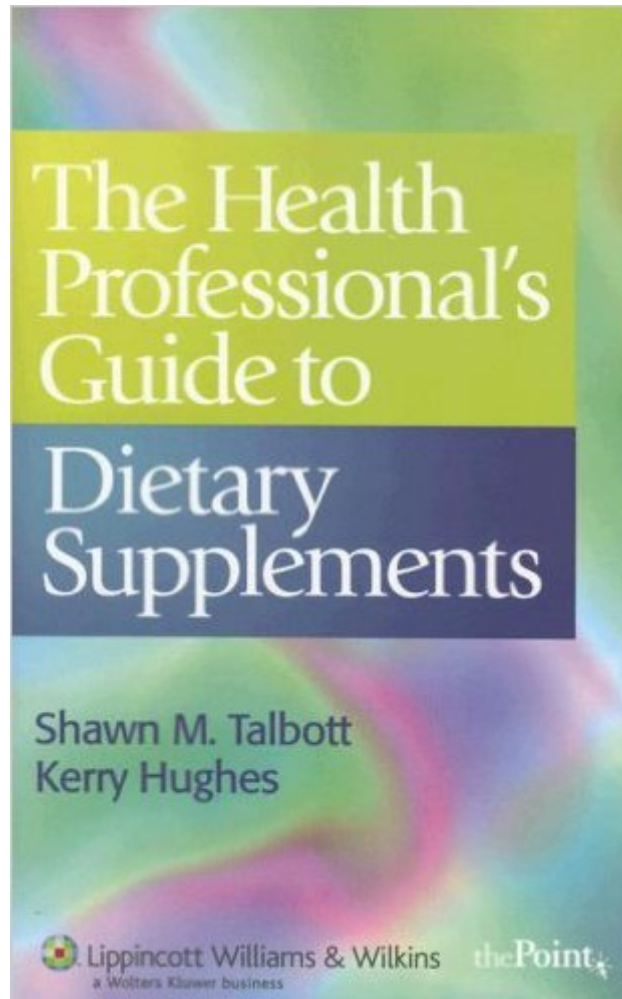


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# The Health Professional's Guide To Dietary Supplements



## Synopsis

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.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (6 customer reviews)

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## Customer Reviews

This is the perfect reference for anyone that is taking, thinking about taking, or helping others decide what supplements to take. It is the first book to analyze supplements in a clear, concise, and highly scientific manner. I have already recommended it to my university professors, professional peers, and clients. I also recommend it to you!

A great reference guide that is still easy to digest, even for a non-health professional. I appreciate the straightforward approach and the fact that its peer-reviewed - it is often quite hard to find truthful & straightforward information about supplements, both pros & cons.

Book is jam-packed with scientific information about Dietary supplements. Book arrived quickly and in excellent condition. I am very happy with my purchase.

Well researched and the format is super user-friendly. I am curious as to when the next update of this book will be released...

very infoprmatve 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.

It's an old book but still very good - I just wish it was available in a downloadable e-format.

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