



# **An Evidence-Based Approach to Vitamins and Minerals: Health Benefits and Intake Recommendations**

*Jane Higdon, Victoria Drake*

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Includes useful appendices covering drug-nutrient interactions and nutrient-nutrient interactions, a glossary of terms, a units conversion table, and the Linus Pauling Institute Prescription for Health, summarizing its recommendations for a healthy diet, lifestyle, and supplement use

Taking the approach that micronutrients play a significant role not only in preventing deficiency disease, but in enhancing general health and averting chronic disease, this book is essential for physicians, nutritionists, and allied health professionals who need the most reliable, up-to-date information in this rapidly expanding field.

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