

Encyclopedia Of Vitamins, Minerals And Supplements
By Tova Navarra;Myron A. Lipkowitz

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Choosing a vitamin and mineral supplement | health

Topic Overview What is a vitamin and mineral supplement? A vitamin and mineral supplement provides a variety of nutrients that are also found in food.

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Vitamins and minerals are essential nutrients your body needs in small amounts to work properly. Most people should get all the nutrients they need by eating a varied

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