



Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally

Michael T. Murray

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People of the nineties *want* empowerment over illness. And they've got it—if they know the facts!

In his new book, *Encyclopedia of Nutritional Supplements*, naturopathic physician Michael T. Murray guides readers through the often complex, conflicting information regarding nutritional supplements. Each chapter profiles major vitamins, minerals, essential fatty acids, nutrients, and glandular extracts, including information on the following:

- deficiency signs / symptoms
- recommended dietary allowance
- beneficial effects
- available forms
- principal uses
- dosage ranges
- safety issues
- interactions

Based on extensive scientific research, *Encyclopedia of Nutritional Supplements* empowers readers to make educated decisions about which supplements to take for health conditions including cancer, arthritis, depression, high cholesterol, allergies, heart disease and more.

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