



The Complete Idiot's Guide to Vitamins and Minerals, 3rd Edition (Idiot's Guides)

Alan Pressman D.C. Ph.D. C.N.N.

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Updated and revised for the first time since 2000, this new edition of *The Complete Idiot's Guide to Vitamins and Minerals* covers all the latest research and developments in vitamins, minerals, and supplements in the last six years. It features significant new information on Vitamins A and E, folate, and glycosamine, among many others, and sets the record straight on much of the conflicting information out there on this subject.

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