



Prescription for Nutritional Healing: The A-to-Z Guide to Supplements

Phyllis A. Balch CNC

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A convenient, pocket-sized guide to today's most effective dietary supplements.

Prescription for Nutritional Healing: The A-to-Z Guide to Supplements draws on America's number-one bestselling guide to natural health, *Prescription for Nutritional Healing*, to present authoritative information about some 350 of the most important dietary supplements available today, in a handy, redesigned format. Newly revised and expanded, it details how these supplements work, how to use them, and what to look for when choosing them. This revised edition incorporates the latest medical information, including updated dosage recommendations, as well as current information about vitamin E and vitamin B12. Here is a straightforward, easy-to use guide to vitamins, minerals, phytochemicals, amino acids, enzymes, antioxidants, herbs, and more.



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