

Fountain of Youth

Making Sense of Vitamins,
Minerals, Supplements, and Herbs



David Vastola, MD

Pdf Fountain Youth Nutritional David Vastola

David Vastola



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Fountain of Youth David Vastola, 2017-10-24 There is ample scientific evidence suggesting that taking a daily multivitamin and mineral supplement is a sensible precaution to help avoid nutrient deficiencies But making sense of sometimes confusing and contradictory information can be a challenge In *The Fountain of Youth* Dr David Vastola demystifies the complicated world of vitamins minerals supplements and herbs Dr Vastola's common sense approach combined with the science to back it up explains what product labels do not He makes clear that FDA RDA and directional use provided on bottles are not necessarily individually applicable Since each person's physical makeup is unique the author defragments nutrient information based on individual characteristics The author maintains that the term vitamins is a misnomer because when it comes to nutrient therapy consumers must consider not only vitamins but minerals trace elements and herbal remedies In *The Fountain of Youth* Dr Vastola provides fundamental information about how when and why all forms of supplements are so important His book provides a guide not only to understanding these important nutritional additives but to using them appropriately as well

Uncover the mysteries within Explore with is enigmatic creation, **Pdf Fountain Youth Nutritional David Vastola** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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