

vitamins & minerals

DeMYSTiFieD

A SELF-TEACHING GUIDE



Learn how VITAMINS were discovered and the ROLE they play in PHYSIOLOGY



Discover HOW MUCH is REQUIRED for survival and increased disease RESISTANCE



GRAPHS demonstrate which FOODS are IMPORTANT SOURCES



Examine how vitamin and mineral NEEDS can be satisfied by SMART food CHOICES



Dr. Steve Blake



Vitamins And Minerals Demystified

Patrick LaBelle



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