

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 & mineral NEEDS can be INCREASED by STRESS and disease



Steve Blake



Vitamins And Minerals Demystified

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