



# Nutraceuticals: The Complete Encyclopedia of Supplements, Herbs, Vitamins and Healing Foods

*Arthur J. Roberts, Genelle Subak-Sharpe*

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Each year millions of consumers spend billions of dollars on complementary health care products-vitamins, minerals, herbs, and other supplements as well as "healing" foods to maintain and improve their well-being.

For the first time in one volume, a comprehensive range of nutraceuticals is examined by a professional organization dedicated to applying the rigorous standards of conventional medicine to natural and alternative practices.

Based on the most recent scientific research, this encyclopedia combines the wisdom of conventional and alternative medicine to help readers choose and use the nutraceuticals best suited to their individual needs-and make informed decisions about their health.



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