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**Download or Read Online Vitamins and Minerals Little Green Apples Publishing, LLC™ Free eBook PDF/ePub/Mobi/Mp3/Txt**, With the health benefits of vitamins and minerals frequently debated and the widespread availability of over-the-counter products on store shelves, it is important to become an informed consumer. This Study Brief can assist you in considering what vitamin and mineral-rich foods to include in your diet and/or what types of supplements are necessary and safe to take to complement your regular eating habits. Too much of a good thing can be bad for you. Overconsumption of some types of vitamins and minerals can be toxic or cause dangerous chemical imbalances. What you don't know can, in fact, hurt you! The Vitamins and Minerals Study Brief provides a concise reference guide that focuses on essential facts you need to know about vitamins A, C, B1, B2, B3, B5, B6, B7, B9, B12, D, E and K. Specific minerals covered in this Study Brief are: calcium, magnesium, iodine,

iron, and zinc. This guide begins with an introduction that includes a short history of the discovery of vitamins and minerals and an explanation of their importance. Individual sections on the vitamins and minerals covered provide facts, food sources, recognized benefits, and descriptions of their use in prevention and treatment of illness and disease. Details of deficiency and dosage and overconsumption alerts and warnings are also included. Impacts of cooking, storage, and processing are discussed. Vitamin and mineral interactions with other substances and each other are explained. Current trends and recent news about the research into use of vitamins and minerals are included. A bibliography of reference sources and other useful links to online resources is an added feature. Study Briefs are concise and visual academic outlines that help students and professionals master key concepts quickly and accurately. Don't spend your valuable time researching on multiple websites, paging through books or investigating reference sources. Our experts have done the research for you! Compiled in one convenient guide, you will find up-to-date and reliable sources presented in a visual and easy to follow format for everyday use. Choose from our ever-growing library of need-to-know topics in the following subject categories: Business, Math, Reference, Science, Language, History and Technology!

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