

[Free pdf] Vitamin Book

Vitamin Book

Rich Wentzler

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Rich Wentzler : Vitamin Book before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vitamin Book:

2 of 2 people found the following review helpful. Best Vitamin Book EVER By Marion This is by far the best vitamin book on the market today. I would grab up whatever copies there are left... (no longer in print) while published in the late 80's it still has more information than any new book out there. Gives a listing of foods for each vitamin and least to most content of the vitamin you are seeking - an added plus, entertaining information (easy fun science) on how the food works in your body. I love this book.

2 of 2 people found the following review helpful. Saved me lots of time ADHD and other research By Sherrie Mota I've heard that nutrition can cure add (add nutrition solution and raise your kids bright) but didn't want to give my kids a bunch of vitamins. I have heard (from a phd in plant science) that a study showed that when taking a vitamin, you don't actually get the same benefits you do when eating the food with that vitamin. (from my reading, some vitamins in pill form do give some of the benefit. I'm not talking about some brands-- I'm talking about some vitamins, like b-12 is one of them and there are others that are proven to help people too). So doing a search on the internet, I would search which foods were high in certain vitamins, what was the rda and other info. Each vitamin took a while to do and I had 21 to do. This book DRASTICALLY reduced my research time because it was all in one place, with LOTS of foods on each list and in so much easier/organized format.

1 of 2 people found the following review helpful. One of a kind By G. Haim This book is a unique one in that it not only brings detailed scientific info on every vitamin, mineral, trace element and essential nutrient, it also brings at the end of each

section a very useful and detailed table for each nutrient to show what are the best food sources for each item. For example, the table on vitamin C lists over 70 food sources for the vitamin, and gives the amounts (in mg / 100 gr food) of the vitamin in each source. The book brings the same type of table for each and every nutrient. These tables are excellent references as they list almost every food source for almost every nutrient. You cannot go wrong with such an ultimate source of data. I wish a newer, more updated version of this piece of art was available. Haim Gamliel, MD, PhD Professor of Medicine Nutrition

This book is in very good condition. All pages are good. Cover and book cover look fine. Doesn't look like it was read much.