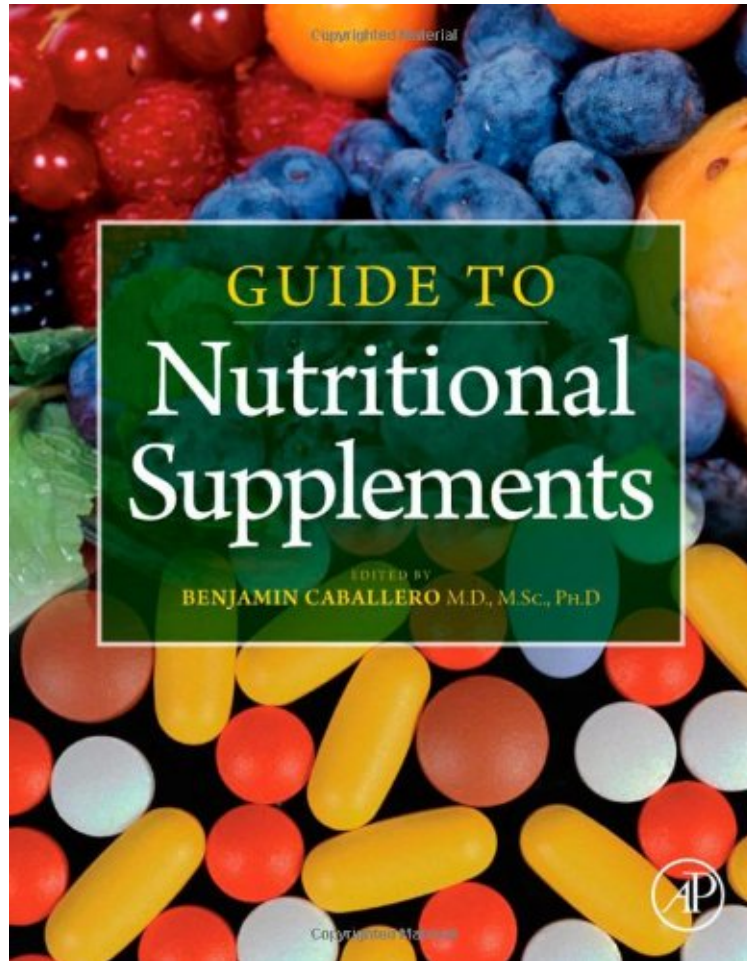


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The rapidly expanding world of nutrition, functional foods and nutraceuticals, is increasingly complex. This Guide to Nutritional Supplements provides a concise and complete reference to the most common nutritionally significant elements. Including dietary guidelines, intake measurements and other contextual information, this Guide is the ideal reference for nutritionists and dietitians facing an increasing public awareness of supplements and who may be augmenting their diets with OTC supplements. Focused on the nutritional values, impacts and interactions of supplements, it provides a science-based approach to determining the appropriate selection and application of supplements for improved diet and nutrition.

About the Author Benjamin Caballero is Professor of International Health and Pediatrics and Director of the Center for Human Nutrition at Johns Hopkins University in Baltimore, USA. His research focuses on childhood malnutrition and obesity.