

Vitamin, Mineral, and Multivitamin Supplements for the Primary Prevention of Cardiovascular Disease and Cancer: A Systematic Evidence Review for the U.S. Preventive Services Task Force: Evidence Synthesis Number 108 (Paperback)

By U S Department of Healt Human Services, Agency for Healthcare Resea And Quality



Createspace, United States, 2013. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Vitamins (e.g., vitamin A, B, C, D, and E) are organic compounds that are essential to maintaining health. Minerals, on the other hand, are inorganic substances that humans need to maintain their health (e.g., calcium, iron, zinc). Multivitamin and/or multimineral supplements contain three or more vitamins and/or minerals without herbs, hormones, or drugs. The U.S. Food and Nutrition Board of the Institute of Medicine has also determined that each of these components is present at a dose less than the tolerable upper intake level. We refer to multivitamin/multimineral supplements as multivitamins because this is how they are marketed and sold. We do not consider other essential nutrients, such as essential fatty acids, to be vitamins or minerals. Between 1941 and 1994, the Recommended Dietary Allowances (RDAs) of the United States and the Dietary Standards/Recommended Nutrient Intakes (RNIs) of Canada dictated the nutrition polices of their respective countries. By the 1990s, however, concerns about the accuracy of the RDAs.

Reviews

This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe. -- Lizeth Witting

This publication is great. It really is packed with knowledge and wisdom Your daily life period will probably be transform when you complete reading this article book. -- Wilford Metz

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Bluewater Publications, United States, 2010. Paperback. Book Condition: New. Sarah Noble-Ives (illustrator). 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.I have endeavored to write, for mothers and dear little children, a few simple stories, embodying...

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CROSSWAY BOOKS, United States, 2014. Leather / fine binding. Book Condition: New. Large Print. 257 x 190 mm. Language: English . Brand New Book. The ESV Study Bible, Large Print edition transforms the content of the award-winning ESV Study Bible into a...