



The Pocket Guide to Vitamins: An accessible, handy guide to vitamins and other supplements

Angela Dowden

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We all know that a good diet full of vital vitamins and minerals is key to staying fit and healthy. But with busy schedules, processed foods and entrenched diet and lifestyle habits, can you be sure your body is getting enough essential nutrients? Even the smallest deficiency can result in fatigue, joint pain, a weakened immune system and problematic skin.

Vitamin supplements are a simple and easy way to ensure you get the right nutrients, every day. Written by nutritionist Angela Dowden, *The Pocket Guide to Vitamins* offers sound, sensible advice on the uses vitamins, minerals, herbs and other supplements and helps you choose the right ones for your needs. Covering key products such as fish oils, probiotics and popular herbs, it also offers advice on supplements for specific health concerns.

The Pocket Guide to Vitamins is a handy, accessible guide based on the latest research to help you decide whether you are getting all the nutrients you need, whether a supplement might help, and how to choose the right product for you.

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