



## Supplements Exposed: The Truth They Don't Want You to Know About Vitamins, Minerals, and Their Effects on Your Health (Paperback)

By Brian R. Clement

Career Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What if just about everything you thought you knew about supplements and health turned out to be, absolutely wrong? Nutrition expert Dr. Brian Clement, director of the world-famous Hippocrates Health Institute, explores the various myths that have made supplements a buyer beware industry. Supplements Exposed strips away layers of deception to reveal the truth about what millions of supplement users each year have taken for granted. This provocative book guides you through the minefield of choices you face every time you buy vitamins and minerals. It shows you how to decipher product labels that are otherwise deceptive, how to choose naturally occurring (plant-derived) supplements, why recommended daily allowances spread confusion, and much more.

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