



The Complete Guide to Nutrients: An A-Z of Superfoods, Herbs, Vitamins, Minerals and Supplements

Dr. Michael Sharon

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With processed foods and commercially farmed produce offering us less in the way of essential nutrition, these days people are taking a greater interest in their diet as a way to stay healthy and cope with illness and everyday stress. Now in its sixth edition with many new entries and updated information, *The Complete Guide to Nutrients* is an easy-to-use reference to every food, herb, vitamin, mineral, or supplement you might encounter. Each entry—from bananas, carrots, olive oil, and yogurt, to guarana and St. John's Wort—includes a definition of the nutrient, what it is and where it comes from, the form it takes, how to prepare or enjoy it, its medicinal and health benefits, and recommended daily dose.

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