



# Users Guide to Nutritional Supplements

*Jack Challem*

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## **Users Guide to Nutritional Supplements** Jack Challem

The User's Guide to Nutritional Supplements focuses on the most popular nutritional supplements, those that consistently attract the most attention - and are the ones most likely to benefit the majority of people.

In describing the most popular nutritional supplements, this book explains:

- \* Vitamin E can reduce the risk of heart disease - and the best types to take.
- \* Selenium can slash the chances of developing some types of cancer.
- \* Ginkgo can improve memory and recall.
- \* Chromium can help promote weight loss and lower the risk of diabetes.
- \* Glucosamine and chondroitin can prevent osteoarthritis.
- \* Calcium and magnesium work together to build strong bones.
- \* Coenzyme Q10 can boost your energy levels and strengthen your heart.
- \* Ginseng and other supplements boost your exercise stamina.

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