



Micronutrients: Metabolic Tuning - Prevention - Therapy

Uwe Grober

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Emphasizing the importance of micronutrients, this pocket guide combines a handy size and clear structure, making it easy for readers to find the information they need. Part I contains summaries on 54 micronutrients, covering requirements, indications groups, dosages, side effects, and commercial preparations. Part II deals with the preventive and therapeutic use of micronutrients for all age groups as well as for 38 common disorders from acne and common colds to coeliac disease. This guide gives pharmacists, physicians, and dieticians the facts they need to advise their patients with confidence and an individual touch.

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