

Micronutrients

Metabolic Tuning – Prevention – Therapy

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MedPharm, Stuttgart, 2008

ISBN 978-3-8047-5039-5, 478 pages

EUR 39.00

Vitamins, minerals, trace elements, amino acids and essential fatty acids - micronutrients have a great potential to maintain metabolic function and to prevent and treat diet-related diseases. However, nutritional requirements and optimal dosage vary considerably between individuals.

This pocket reference provides accurate information to ensure optimal and safe use of micronutrients. Clearly structured, it contains information on 54 micronutrients, covering requirements, indication groups, deficiency signs and symptoms, dosages, specific interactions, and safety aspects. In addition, the preventive and therapeutic use of micronutrients for all age groups as well as for many common disorders is described.

This comprehensive guide for doctors and pharmacists helps to implement micronutrient application in everyday clinical practice – for the benefit of patients.

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