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**THE**

**VITAMIN  
BOOK**

**THE  
COMPLETE GUIDE  
TO VITAMINS,  
MINERALS, AND  
THE MOST  
EFFECTIVE  
HERBAL REMEDIES  
AND DIETARY  
SUPPLEMENTS**

Harold M. Silverman, Pharm. D., editor-in-chief  
of *The Pill Book*

Joseph Romano, Pharm. D., and Gary Elmer, Ph.D.

# The Doctors Complete Guide To Vitamins And Minerals

**Liyong Dong**



## **The Doctors Complete Guide To Vitamins And Minerals:**

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