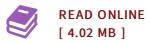




The Vitamin and Mineral Food Counter

By Natow, Annette B./ Heslin, Jo-Ann

Pocket Books, 2004. Paperback. Book Condition: New. 10.16 x 17.14 cm. A valuable nutrition handbook furnishes vitamin, mineral, and calorie counts for more than seven thousand generic, brand-name, and restaurant foods, along with information on recommended daily requirements and safe limits for nutrients, warnings about prescription and over-the-counter drug interactions, and portion size. Original. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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