



Encyclopedia of Dietary Supplements, Second Edition (Print)

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Encyclopedia of Dietary Supplements presents peer-reviewed, objective entries that rigorously examine the most significant scientific research on basic chemical, preclinical, and clinical data. Designed for healthcare professionals, researchers, and health-conscious consumers, it presents evidence-based information on the major vitamin and mineral micronutrients, herbs, botanicals, phytochemicals, and other bioactive preparations.

Supplements covered include:

- Vitamins, beta-carotene, niacin, and folate
- Omega-3 and omega-6 fatty acids, isoflavones, and quercetin
- Calcium, copper, iron, and phosphorus
- 5-hydroxytryptophan, glutamine, and L-arginine
- St. John's Wort, ginkgo biloba, green tea, kava, and noni
- Androstenedione, DHEA, and melatonin
- Coenzyme Q10 and S-adenosylmethionine
- Shiitake, maitake, reishi, and cordiceps

With nearly 100 entries contributed by renowned subject-specific experts, the book serves as a scientific checkpoint for the many OTC supplements carried in today's nutritional products marketplace.

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