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THE
**POCKET
IDIOT'S
GUIDE™** TO

Vitamins

- Valuable tips on assessing your vitamin needs
- Idiot-proof steps to sorting out today's hottest supplements
- Expert advice on creating your own vitamin plan... from A to K!



Alan H. Pressman,
D.C., Ph.D., C.C.N., with Sheila Buff

Pocket Idiots Guide To Vitamins

Christian Drosten



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