



INTEGRATED NUTRITIONAL SUPPLEMENTS GUIDE - 1: DIGESTIVE HEALTH SUPPLEMENTS



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The integrated nutritional supplements guide aims at helping the reader understand the label of the nutritional supplement bought. According to some experts most of our health problems have an origin in the digestive system. I share in this view and that is why this series starts with digestive health supplements . A digestive system that is functioning optimally lays the foundation for good health. Supplements that support other body systems effectively build on this foundation. Most digestive health supplements contain more than one ingredient. The aim of this book is not to focus on such composite supplements but rather to focus on the the common ingredients used and how they affect your body. Where necessary, interactions of these supplements with medication or other supplements are outlined. This is important as it helps to avoid unexpected outcomes with the supplements use.

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