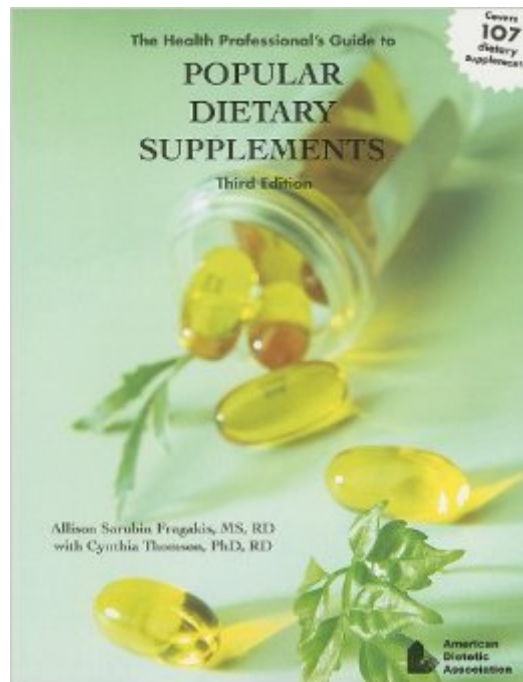


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# The Health Professional's Guide To Popular Dietary Supplements, Third Edition



## Synopsis

Twenty-nine new dietary supplements have been added to this edition! This guide comprehensively explores the media claims, drug-supplement interactions, dosage information and relevant research for more than 100 of today's most popular dietary supplements. Completely revised, updated and indexed information is provided for dietetics professionals and their clients. Written by industry experts, this guide's recommendations are reliable and backed by credible clinical research. A Doody Core Title!

## Book Information

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## Customer Reviews

Although this book leads you to believe it is only for the health professional, it is very user friendly for the vitamin-hungry lay person. What is really great about this resource book is that it addresses the marketing claims about many supplements that we, John Q. Public, are inundated with, from newspaper and magazine articles or just from our well-meaning relatives or friends who feel free to render a diagnosis and treatment for our lack of energy, immune systems, depression etc. Then for each listed supplement, the author reviews available research and takes some of the confusion out of dosages and whether certain supplements are safe to take with other medications or medical conditions. At last, REAL, RELIABLE INFORMATION backed by a qualified, intelligent nutritionist and the American Dietetic Association. There's a great Summary Table in the back for quick references. Try it. You'll like it.

Most health care professionals are very busy and no one has time to sift through all of the dietary supplement information out there. This book takes a look at 69 of the most commonly used dietary supplements in today's market and looks to see if the science is there to prove a supplement works. I feel it is a very clear and comprehensive guide, as it delves into the currently known research on each supplement. The book never recommends a particular supplement, or denounces one. Rather it gives a scientific view of each herbal, vitamin, or mineral supplement, reviewing the scientific literature to see which claims are substantiated. Each entry is organized with a brief overview of the supplement, media and marketing claims, food sources, dosage information and bioavailability, research, safety information, a summary, and references. For each study reviewed, the book points out any study flaws such as a small number of subjects, or unblinded researchers. The book also explains the confusing arena of current supplement regulations and even includes a reference chapter with listings of websites, associations, books, and other publications useful for more information. Since it was written with the help of an American Dietetic Association Panel of Experts, I feel it represents a balanced overview of the supplement scene. This book is a great resource for any health care professional!

I found the book to be very informative, easy to follow, well researched, and non-biased. It is a great resource to have on my shelf to refer to for both myself and clients.

This is an exceptional, easy to read and understand guide to all things supplemental- dietary supplements that is. As a Registered Dietitian, I use this book at least weekly to teach my patients about the benefits and risks of taking nutritional supplements. This is also very good for the "lay" person who is curious about drug nutrient interactions with the supplements they take.

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