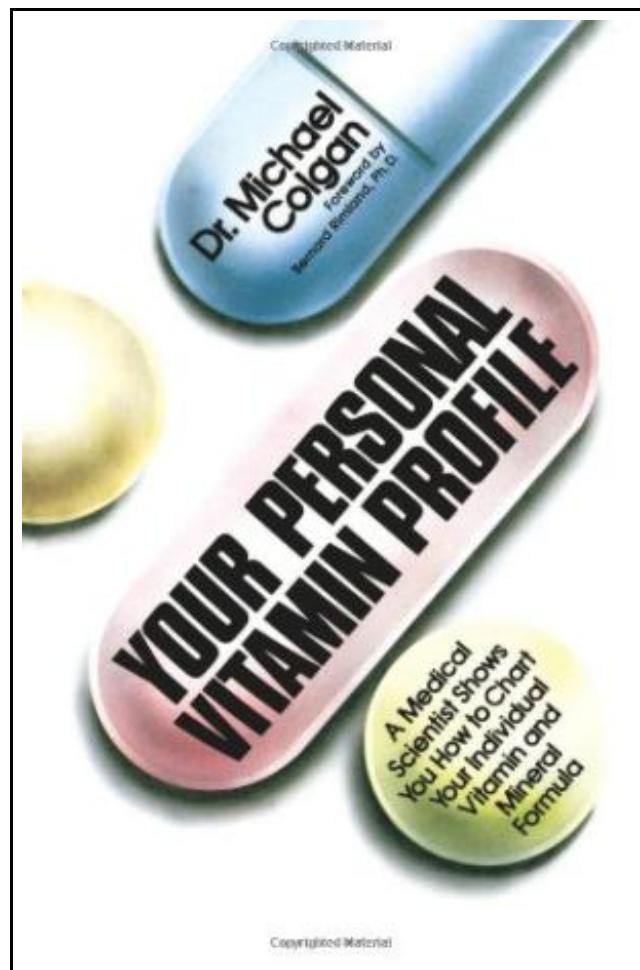


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Reviews

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Your Personal Vitamin Profile, Michael Colgan, In "Your Personal Vitamin Profile," medical scientist Dr. Michael Colgan shows how individually tailored programs of vitamin and mineral supplements lead to better health and longer life. According to Dr. Colgan, no two people have the same nutritional needs. Consequently, an "all-purpose" one-a-day vitamin pill cannot guarantee optimum nutritional supplementation in any diet. And there are factors beyond diet that must be considered. For instance, a man who smokes twenty cigarettes a day may require as much as fifteen times the Recommended Daily Allowance of vitamin C to maintain efficient functioning of the immune system. A woman who takes birth control pills may require ten times the RDA of vitamin B12 to maintain normal functioning of the cardiovascular system. Dr. Colgan's Health and Performance Nutrient Supplement Program - - a vitamin and mineral plan geared to the individual -- has been successful in reducing the incidence of herpes, eczema, high blood pressure, and migraine headaches. The program has also proven successful in diminishing the pain of muscle and joint injuries, and in alleviating depression. Moreover, Dr. Colgan's individually oriented supplement program has -- in a double-blind study -- helped athletes improve marathon times by an average of seventeen minutes. Now Dr. Colgan offers his revolutionary program in this book. By following the simple formulas and tests set forth in these pages, you can at last determine your personal vitamin profile.

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