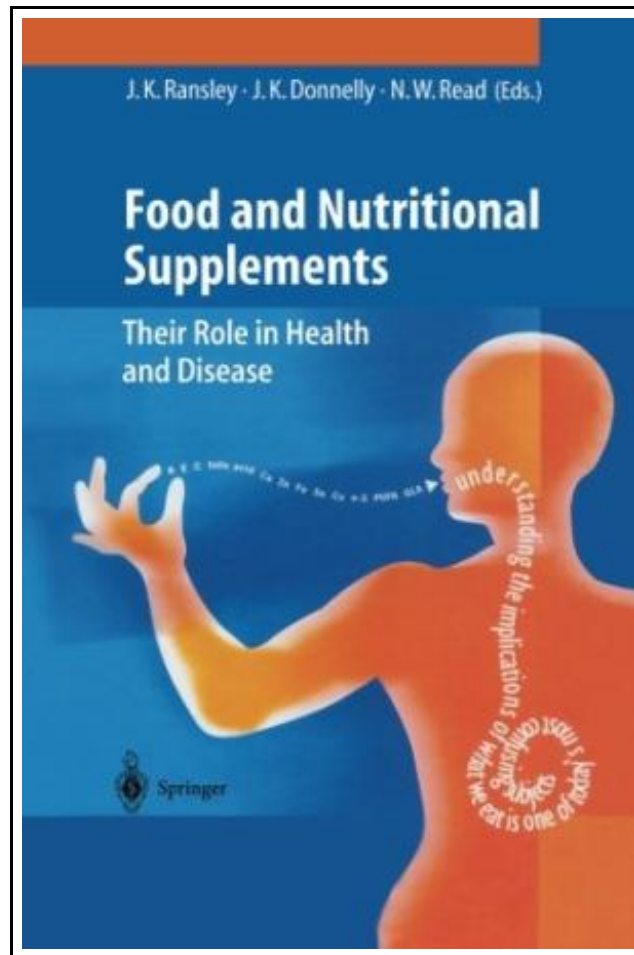


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Book Condition: New. Publisher/Verlag: Springer, Berlin | Their Role in Health and Disease | Consumer interest in diet and nutritional supplements is increasing dramatically. This book is designed to meet the needs of those professionals who are called upon to advise patients and the general public. It provides a valuable text for those who are researchers or decision-makers in the food and pharmaceutical industries. The text presents a thorough account of this topical subject and enables the reader to appreciate the functions of nutrients in health and common disease states, to understand the current debates over the roles of nutrients and supplements in the diet, and to answer those questions frequently asked by patients and consumers. | 1 The Rise and Rise of Food and Nutritional Supplements an Overview of the Market.- 1.1 Introduction.- 1.2 The Products.- 1.3 What are People Taking?.- 1.3.1 Cod Liver on.- 1.3.2 Multivitamins.- 1.3.3 Single Vitamins.- 1.3.4 Evening Primrose Oil.- 1.3.5 Minerals.- 1.3.6 Garlic Products.- 1.3.7 Functional Foods.- 1.4 Growth Across Western Europe.- 1.5 Who Manufactures Vitamin, Mineral and Dietary Supplements?.- 1.6 Retail Distribution of Vitamins, Minerals and Dietary Supplements.- 1.7 What is Driving the Growth in this Market?.- 1.7.2 The Trend Towards Self-Medication.- 1.7.2.1 Concerns About Illness Drive Demand.- 1.7.2.2 Changes in the Pharmacy.- 1.7.2.3 Changes in Primary Health Care.- 1.8 Do Supplement Users Need to Take Supplements?.- 1.9 Regulating the Market.- 1.10 The Future for Vitamins, Minerals and Dietary Supplements.- 1.11 ConclusionM.- 1.12 References.- 2 Why do Health Professionals Need to Know More About Nutrition?.- 2.1 Introduction.- 2.1.1 The Implication of Diet in Disease.- 2.2 Our Hunger for Knowledge.- 2.3 Health Professionals: the Authorative Source of Nutrition Information?.- 2.4 Nutrition: the Orphan Discipline.- 2.5 What are the Obstacles to Giving Nutrition Advice?.- 2.6 The Updated Role of Health Professionals: a New Approach.- 2.6.1...



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