

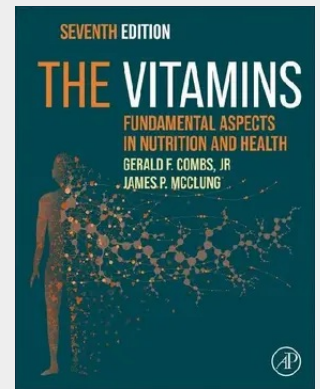
The Vitamins

Fundamental Aspects in Nutrition and Health

The Vitamins: Fundamental Aspects in Nutrition and Health, Seventh Edition presents both overviews and in-depth discussions of the sources, chemistry, metabolism, and functions of these essential nutrients in physiology and health. Further building upon previous editions of this widely used reference text, readers will gain updated information on the inclusion and interpretation of recent clinical research findings relevant to all vitamins, particularly Vitamins A, D, E, K, C, thiamin, folate and Vitamin B12. The latest information on nutritional deficiencies and ecological approaches to dealing with them along with a section on vitamin-drug interactions is also included. Readers will also find a revised table of signs of vitamin deficiencies in humans and animals, updated information on the roles of the gut microbiome in vitamin synthesis and metabolism, increased focus on vitamins as nutritional supplements, increased focus on vitamin stabilities in foods, including processing and cooking losses and a decision tree addressing the question: "Could I benefit from a vitamin supplement?." At the end of each chapter, case studies, a quiz, and recommended reading list are included.

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