



Dietary Supplements

Pamela Mason

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There has been a steady increase in the interest and demand for alternative or complementary medical treatments. The annual market for dietary supplements is over #300 million in the UK alone, but the use of vitamins, minerals and other products as dietary supplements is still controversial, particularly in relation to their safety and efficacy. Dietary Supplements provides a comprehensive guide, for community pharmacists and health professionals, to the most commonly used vitamins, minerals, and dietary supplements. This revised edition: contains monographs on 72 commonly available dietary supplements; presents research findings on the therapeutic use of these products; discusses the law relating to dietary supplements in the UK, Europe and the USA; informs on efficacy and safety; covers human requirements and dietary sources of various vitamins and minerals; and includes an appendix highlighting potential interactions with conventional medicines.

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