



Users Guide to Brain-Boosting Supplements: Learn About the Vitamins and Other Nutrients that Can Boost your Memory and End Mental Fuzziness

James J. Gormley and Shari Lieberman

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In the "User's Guide to Brain-Boosting Supplements," leading nutritionist Shari Lieberman teams up with top nutrition writer James Gormley to describe the best brain-boosting dietary supplements-including vitamin E, amino acids, huperzine A, and acetyl-L-carnitine-and how to use them safely and effectively to achieve optimum brain power.

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Lien Fugate:

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