



# Manual of Nutritional Therapeutics (A Little, Brown Spiral Manual)

*David H. Alpers, William F. Stenson, Dennis M. Bier*

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This is a reference providing an easily accessible source of information related to the assessment and management of nutritional deficiencies in adult clinical medicine. It is not a textbook of disorders, but assumes that the health care provider understands which deficiencies should be considered in a wide variety of clinical conditions. The arrangement of chapters focuses on specific nutrients, such as vitamins, minerals and macronutrients. The manual also stresses nutritional strategy for healthy individuals, young and old, and covers management during pregnancy. The Recommended Dietary Allowances, nutritional analyses of common fast food products, and the contents of standard vitamin and mineral supplements are included.

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