



# The Natural Pharmacist: Your Complete Guide to Vitamins and Supplements

*Angelo Depalma Ph.D.*

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# The Natural Pharmacist: Your Complete Guide to Vitamins and Supplements

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Did you know that scientific evidence suggests that many vitamins and supplements may be effective treatments for several of today's most common ailments? It's true. Millions are discovering the power of natural remedies. With this book, so can you.

Inside you'll learn which vitamins or supplements may reduce the severity of cold symptoms, help prevent osteoporosis, improve sports performance, help relieve PMS symptoms, help osteoarthritis, and much more!

Includes an A-Z guide to supplements, including:

- Vitamin C
- Zinc
- Creatine
- Glucosamine
- Lycopene
- Selenium
- Carnitine
- Coenzyme Q10
- 5-HTP
- Iron
- Folic Acid
- Calcium
- And much more

It's all here in simple, straightforward language. You'll find yourself turning to this helpful, trusted companion again and again.

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