



## Dietary Supplements in Health Promotion

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The supplement market continues to grow annually with more than half of the population using these products for reasons spanning from health maintenance to disease prevention and/or treatment. **Dietary Supplements in Health Promotion** presents clear and concise evidence on how dietary supplements may contribute to maintaining health status. The book provides information on personalized nutrition, nutrient gaps, and postulated benefits of various mainstream dietary supplements such as multivitamins, probiotics, and flavonoids, among others.

The book summarizes evidence to date so that health professionals may adequately assess the risks and benefits of popular dietary supplements and dispels some of the less scientifically substantiated hypotheses and claims behind the use of certain supplements. It distills volumes of clinical research, nicely summarizes population based studies, and offers explanation of the biological plausibility regarding effects of these products in maintaining optimal health status

With so many opinions and misinformation on the risks and benefits of using dietary supplements, an authoritative book is necessary to advance the accurate knowledge and dissemination of research relating to the many effects of prescribing or utilizing dietary supplements. *A balanced review of popular dietary supplement products and their effects on human health*, this book gives you practical advice on the appropriate use of dietary supplements, including clinical guidelines on recommendations of supplements, and just as important, when to discourage use of supplements.

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