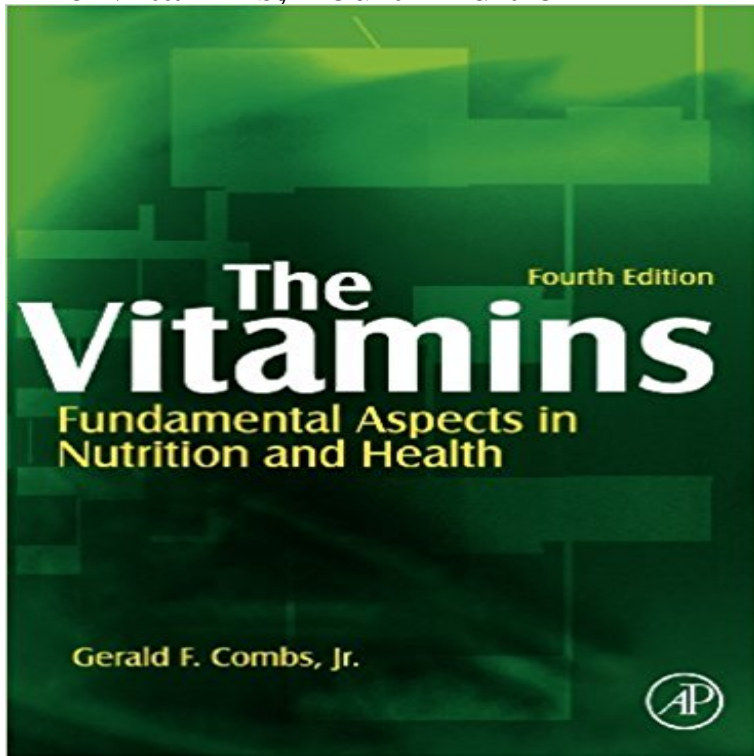


# The Vitamins, Fourth Edition



The fourth edition of this bestselling text will again provide the latest coverage of the biochemistry and physiology of vitamins and vitamin-like substances. Extensively revised and expanded on the basis of recent research findings with enlarged coverage of health effects of vitamin-like factors, it is ideally suited for students and an important reference for anyone interested in nutrition, food science, animal science or endocrinology. It contains a cohesive and well-organized presentation of each of the vitamins, as well as the history of their discoveries and current information about their roles in nutrition and health. Selected for inclusion in Doodys Core Titles 2013, an essential collection development tool for health sciences libraries. Includes approximately 30% new material. Substantial updates have been made to chapters on vitamins A, C, E, K, folate, and the quasi-vitamins. Provides checklists of systems affected by vitamin deficiencies and food sources of vitamins. Key concepts, learning objectives, vocabulary, case studies, study questions and additional reading lists are included making this ideally suited for students. Thoroughly updated with important recent research results, including citations to key reports, many added tables and several new figures. Addition of Health and Nutrition Examination Survey (HANES III) data. Updated Dietary Reference Values.

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