



Dietary Supplements and Functional Foods

Geoffrey P. Webb

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The study of nutritional supplements has become increasingly important within orthodox establishments throughout the world, and as the market for these products continues to grow, so does the need for comprehensive scientifically sound information about these products, their properties and potential health effects. Geoffrey P. Webb, in this exciting and most useful new book, not only looks at the accepted uses of dietary supplements, such as the use of fish oils in the prevention of heart disease and arthritis, but also explores the wider picture, identifying common themes and principles or particular categories of supplements. "Dietary Supplements and Functional Foods" provides an excellent introductory text on this fascinating subject.

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