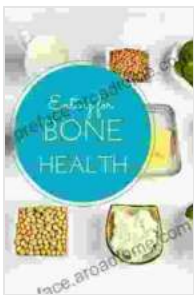


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Nutrition and Bone Health (Nutrition and Health)

by Zack Joseph

★★★★☆ 4 out of 5

Language : English
File size : 29791 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 704 pages
Screen Reader : Supported



"Nutrition and Bone Health: Nutrition and Health" is the ultimate guide to understanding the nutritional needs of your bones. This comprehensive book provides a wealth of evidence-based information on:

- The essential nutrients for bone health, including calcium, vitamin D, and protein
- Dietary recommendations and food sources of these nutrients

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- Prevention and management of osteoporosis and other bone-related conditions

Written by a team of renowned nutrition and bone health experts, "Nutrition and Bone Health: Nutrition and Health" is an invaluable resource for:

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By gaining the knowledge and insights provided in this book, you can empower yourself to:

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- Prevent and manage osteoporosis and other bone-related conditions
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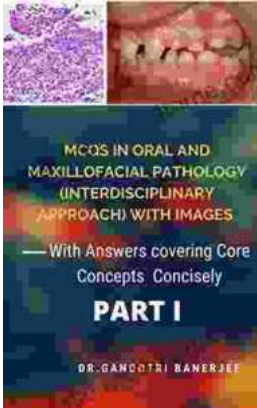
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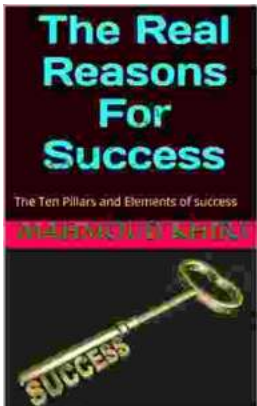
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