

[PDF] The Science Of Nutrition (3rd Edition)

Janice J. Thompson, Melinda Manore, Linda Vaughan - pdf download free book



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Description:

The Science of Nutrition, Third Edition is uniquely organized using an applied approach, which organizes vitamins and minerals based on their functions and effects on the body. This applied approach is most evident in the functional organization of the micronutrient (vitamin and mineral) chapters. Rather than requiring you to memorize all the vitamins and minerals and their characteristics, the authors present them based on their functions (like fluid and electrolyte balance, antioxidant function, bone health, energy metabolism, and blood and immunity health), so that you

can understand their effects on the body.

The **Third Edition** of the book adds New Focus Figure spreads that concentrate on the toughest topics to learn and understand.

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