

A-Z Guide to Drug-Herb-Vitamin Interactions: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together

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Abstrak

Know the Side Effects and Protect Your Health

If you're among the millions of people taking prescription and over-the-counter drugs, as well as vitamins and natural medicines, you need to know which combinations are potentially helpful and which can be extremely dangerous. The A–Z Guide to Drug-Herb-Vitamin Interactions is an essential resource to understanding the interactions that may affect your health.

From the experts at Healthnotes, this revised and updated edition contains the newest information on thousands of drugs and supplements, based on studies published in the leading medical journals. Reliable and easy to use, this book is sure to become a trusted reference in your home.