



## Users Guide to Brain-Boosting Supplements Learn About the Vitamins and Other Nutrients That Can Boost Your Memory and End Mental Fuzziness

By Shari Lieberman

Basic Health Publications. Paperback. Book Condition: New. Paperback. 92 pages. Dimensions: 8.3in. x 3.7in. x 0.3in. In the Users Guide to Brain-Boosting Supplements, leading nutritionist Shari Lieberman teams up with top nutrition writer James Gormley to describe the best brain-boosting dietary supplements—including vitamin E, amino acids, huperzine A, and acetyl-L-carnitine—and how to use them safely and effectively to achieve optimum brain power. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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