

图书基本信息

书名：<<5 - 分钟草本与食品添加剂会诊 The 5-minute Herb And Dietary Supplement Consult For Pda>>

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内容概要

This unique book gives health care professionals a quick reference to herbs, minerals, vitamins, amino acids, probiotics, enzymes, over-the-counter hormones and other dietary supplements commonly used by consumers. The text covers claims, indications, scientific evidence, possible benefits, adverse effects, contraindications, and drug interactions.

书籍目录

About the Editor Acknowledgments Contents Introduction Abbreviations SECTION I: HERBS AND NUTRITIONAL SUPPLEMENTS A TO Z Aconite Alanine ALfaLfa ALoe AngeLica Anise, Aniseed Arginine Arnica Ashwagandha Aspartate/Aspartic Acid AstragaLus Bearberrv Betaine Betel Bilberry Biotin BLack cohosh BLack haw and Cramp bark Bloodroot BLue cohosh Blue-green algae Boldo Borage Boron Burdock CaLcium CaLenduLa Capsicum, Chili pepper, or Cayenne Caraway Carnitine Carotenoids CartiLage (shark and bovine) Cascara Cat's claw Catnip ChamomiLe Chamomile, Roman Chaparral Charcoal, Activated ChocoLate/Cocoa/Cacao Chondroitin Chromium Cinnamon Coenzyme Q1o Coltsfoot Comfrey Copper Cranberry Creatine Cysteine/Cystine Dandelion Danshen Devil's claw DHEA Echinacea ELderberry, Elder flower Eleuthero Ephedra Essiac Eucalyptus Evening primrose, Evening Primrose Oil (EPO) Eyebright Fennel Fenugreek Feverfew Fish oil Flaxseed Folio acid (Folate) FoxgLove Garlic Germander Germanium (Ge) Ginger Ginkgo Ginseng Glucosamine Glutamine (Gin, Q) Gtycine (Gty, G) Goldensea Gotu kola Hawthorn Histidine (His, H) Hops Horse chestnut Hydrazine sulfate, Hydrazine sulphate Hypericum or St. John's WortSECTION II: REFERENCES SECTION III: REFERENCE TABLES

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