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### **Dr. joel wallach - youngevity**

the world on the therapeutic benefits of vitamins and minerals, Publishing Co., Bonita, CA, 1994.  
Wallach JD and Wallach JD and Ma Lan, MD. Hell s Kitchen.

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The Vitamin & Mineral Kitchen chart fits nicely on the refrigerator and encourages healthy food choices in order to meet vitamin and mineral requirements.

### **Vitamin and mineral sources - webmd**

WebMD provides a handy guide to essential vitamins and minerals -- their function and food sources.

### **Vitamins and minerals: good food sources - webmd**

WebMD shows you the key vitamins and minerals you need every day, what they do, and good food sources for them.

### **Modernizing your diet with traditional foods -**

The intention of this article is to provide a resource for those who are more experienced with traditional foods vitamins, minerals and Keats Publishing

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Nutrition in Your Golden Years; Who needs vitamin/mineral supplements? E. Whitney, Nutrition and Diet Therapy, 4th ed., West Publishing

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