



User's Guide to Heart-Healthy Supplements (Basic Health Publications User's Guide)

Dr Michael Janson

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In this concise Users Guide, Michael Janson describes the best nutritional and herbal supplements for preventing and reversing heart disease. Some of these supplements, such as coenzyme Q10 and hawthorn, many be less well known than others, but they are still powerful, natural health-promoting substances. Dr. Janson also provides clear guidelines for how to use these supplements safely.

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