



NutriSearch Comparative Guide to Nutritional Supplements, 5th Professional edition

Lyle MacWilliam, MSc, FP

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A guide to nutritional supplementation, the NutriSearch Comparative Guide to Nutritional Supplements is replete with research findings in the science of nutrition. Topics of discussion include the global nutrient depletion of foods, the safety of nutritional supplements, and recent evidence of increased requirements for vitamin D and iodine. The author employs the recommendations of twelve recognized authorities in nutritional supplementation as well as an extensive literature review to establish an optimal standard for nutritional supplementation. Eighteen Health Support Criteria are established, to which well over 1,000 North American products are compared and assigned a rating on a ten-point scale. Each of the top-rated products, as well as the top-selling products, are graphically portrayed, illustrating their level of achievement of each of the 18 Health Support Criteria. An invaluable guide through the often confusing landscape of nutritional supplementation!

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