



User's Guide to Brain-Boosting Supplements: Learn about the Vitamins and Other Nutrients That Can Boost Your Memory and End Mental Fuzziness (Basic Health Publications User's Guide)

James J Gormley, Shari, Dr Lieberman

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In the Users Guide to Brain-Boosting Nutrients, leading nutritionist and author of the Real Vitamin and Mineral Book Shari Lieberman teams up with top nutrition writer and former editor of Better Nutrition magazine James Gormley to describe the best brain-boosting dietary supplements including vitamin E, ginkgo, amino acids, huperzine A, and acetyl-L-carnitine and how to use them safely and effectively to achieve optimum brain power.

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