



## Vitamins and Minerals (Paperback)

By Speedy Publishing LLC

Speedy Publishing Books, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Minerals are non-biological elements that are often absorbed by plants from soil or water and then consumed by animals. Vitamins are organic chemical compounds that a living being obtains from food. These compounds and elements are essential to facilitate the growth and functions of an organism. Muscle repair, digestion/metabolism, eyesight, the nervous system. nearly every aspect of life is fueled by vitamins and minerals. If there is a deficiency in either the body will start to see signs of failure. From neurological issues to skin irritations to eyesight problems, the repercussions of not having enough of either are serious.



**READ ONLINE**

[ 1.94 MB ]

### Reviews

*A really wonderful book with perfect and lucid information. I actually have study and i am sure that i am going to gonna read through once more yet again in the future. I am pleased to explain how this is actually the finest ebook we have study inside my personal daily life and might be he finest book for at any time.*

-- **Kristy Stroman**

*An incredibly wonderful ebook with lucid and perfect answers. It is writter in easy words instead of difficult to understand. Its been printed in an exceptionally easy way in fact it is simply following i finished reading this publication in which really modified me, modify the way i think.*

-- **Mr. Keyshawn Weimann**