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By Rosemarie Gionta Alfieri

Basic Health Publications, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book. In this Users Guide, fitness professional and nutrition author RoseMarie Gionta Alfieri describes the most important supplements for improving mood, reducing irritability, and preventing depression. Among these supplements are the B-complex vitamins, GABA, and St. Johns wort. These and other nutrients have been shown scientifically to help people deal effectively with stress.



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