



PDR for Nutritional Supplements

By Sheldon Saul Hendler, David Rorvik



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With the large number of consumers currently supplementing with various vitamins, minerals, and other nutrients, health professionals and consumers alike need a reliable, research-based source of information on these supplements. This 2nd edition maintains its status as a comprehensive resource for the entire spectrum of nutritional products. Each monograph includes the chemical nature of the compound, claims made for it and clinical research supporting or refuting those claims, risks and precautions and potential interactions. Includes entries on not only vitamins and minerals, but amino acids, probiotics, phytoestrogens, phytosterols, and more.



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Editorial Review

From Library Journal

The large numbers of Americans currently supplementing their regimen with various vitamins, minerals, and other nutrients need a reliable, research-based source of information on these supplements. The authors of this latest entry in the "Physician Desk Reference" series are well qualified to provide such a source:

Hendler, a biochemist and physician, is author of *The Doctor's Vitamin and Mineral Encyclopedia*, while science and medicine journalist Rorvik has written several books on diet and nutrition. Augmented by various useful indexes, the text consists primarily of excellent, lengthy monographs giving information on trade names, supplement description and pharmacology, indications and usage, contraindications and precautions, possible adverse reactions, overdosage, dosage and administration, and how supplied (liquid, caplet, etc.). Claims proven, not proven, and disproven are summarized, with literature citations appended. Unlike other PDRR volumes, the descriptions are not based primarily on information supplied by the manufacturers but on analysis by the authors themselves. In addition, tables list the ingredients of multivitamins or vitamin/mineral tablets, as well as U.S. Food and Drug Administration phone numbers, a list of state Poison Control Centers, and common laboratory values. Recommended for drug reference and consumer health collections. Anne C. Tomlin, Auburn Memorial Hosp., New York

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From [Booklist](#)

A growing number of people use nutritional supplements on a regular basis. Most common nutrients such as vitamin D and calcium have well-known, documented benefits, but others base their claims on highly speculative data. Those seeking objective, scientific information about nutritional supplements will find it in the newest addition to the PDR family. It offers a "concise yet, comprehensive overview of the entire spectrum of current nutritional products." Sheldon H. Handler, a physician with a Ph.D. in biochemistry and molecular biology, and David Rorvik, a science and medicine reporter for *Time* magazine, have written 200 monographs covering approximately 1,000 products.

Like the other PDR volumes, this one begins with a series of indexes: supplement name (common/generic name); brand name; category (e.g., *probiotics*, *vitamins*); indications (therapeutic or preventive purpose); side effects (potential adverse reactions); interactions (problems when used with other drugs, herbs, foods, or supplements); companion drugs (supplements that may be used in conjunction with prescription drugs to reverse adverse effects, relieve symptoms of the illness, or treat complications); and manufacturers. The "Companion Drug Index" is a unique and very useful feature. There is also a product identification guide with color pictures. This is quite limited. Many popular brands (such as Centrum and NatureMade) do not appear.

The descriptive monographs are arranged alphabetically by supplement name. These entries include trade or brand names and a description of the product with emphasis on its chemical and biochemical importance for humans. They also cover the actions and pharmacology of the supplements, explaining what they do, how they do it, and why they may be used. A summary of the research about the product with the most significant findings, both pro and con, as well as information about contraindications, adverse effects, interactions, information about dosage and administration, and overdosage, is included also. Available product information about forms and dosages and relevant citations from the literature complete the entries. Although the authors assume that readers have a basic knowledge of biochemistry, the monographs are accessible to lay readers, who will encounter less medical jargon here than they do in the other PDR

volumes.

The *PDR for Nutritional Supplements* has several helpful tables that compare various calcium, iron, multivitamin, multivitamin-mineral, and vitamin B complex products. It also has a brief list of common laboratory test values and directories of poison control centers, drug information centers, and U.S. Food and Drug Administration telephone services. This new source fills a gap in reference collections even though it does not cover all of the popular products that are currently available. It is useful for public, academic, and health sciences libraries. *RBB*

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From the Inside Flap

"In a part of the health field not known for its devotion to rigorous science, Dr. Hendler brings to the practitioner and the curious patient a wealth of hard facts. Easy reading, well referenced. A welcome addition to the classic PDR."

Roger Guillemin, M.D., Ph.D.

Nobel Laureate in Physiology and Medicine

"An important compendium of information, well referenced and properly conservative in its recommendations."

Richard S. Rivlin, M.D.

Vice President of Medical Affairs, Naylor-Dana Chair in Nutrition, American Health Foundation

Professor of Medicine, Weill Medical College, Cornell University

"Dr. Hendler has created an indispensable guide to the possible health benefits and risks of nutritional supplements. He sounds sorely needed warnings on potential side effects, interactions, and toxicity. Unprecedented in depth and authority, this book offers an unparalleled resource on a subject of crucial importance."

Brian S. Frid, R.Ph.

President and CEO, Retired Persons Services, Inc.

"The athletes of today need more information than ever about the supplements they're taking as they go for victory. As a physician in the forefront of those who truly understand the benefits of nutritional supplementation, Dr. Hendler provides us with the vital facts we need to make choices on a scientific basis, rather than an emotional one. America has been starving for this kind of reference.... Long overdue."

Bill Toomey

1968 Olympic Decathlon Champion and Member of the Olympic Hall of Fame

Vice-President, World Olympian Association

"Assaulted from every angle by strident nutritional claims, today's wary consumer is in greater need of reliable information than ever before. This important new volume supplies the unbiased facts quickly, concisely, with authority.... A beacon in the shadowy world of nutritional quackery and hype and an invaluable guide to the supplements that really work."

Susan Calvert Finn, Ph.D., R.D., F.A.D.A.

Clinical Professor, Ohio State University

Past President, American Dietetic Association

"This book is a timely and superbly written exploration of the dynamic field of supplements.... A brilliant presentation of complex information in a logical and appropriately critical manner."

Walter H. Glinsmann, M.D.

Fellow & Adjunct Professor, Center for Food and Nutrition Policy, Georgetown University
Past Associate Director for Clinical Nutrition, FDA Center for Food Safety and Applied Nutrition

Users Review

From reader reviews:

Deana Broom:

This PDR for Nutritional Supplements book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is information inside this reserve incredible fresh, you will get info which is getting deeper a person read a lot of information you will get. This particular PDR for Nutritional Supplements without we comprehend teach the one who studying it become critical in pondering and analyzing. Don't end up being worry PDR for Nutritional Supplements can bring whenever you are and not make your bag space or bookshelves' become full because you can have it inside your lovely laptop even telephone. This PDR for Nutritional Supplements having very good arrangement in word in addition to layout, so you will not really feel uninterested in reading.

Deborah Hayes:

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Dee Alaniz:

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Robert Shelby:

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