



# Herbs and Natural Supplements, Volume 2: An Evidence-Based Guide

*Lesley Braun, Marc Cohen*

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Herbs and Natural Supplements, 4th Edition: An evidence-based guide is an authoritative, evidence-based reference. This two-volume resource is essential to the safe and effective use of herbal, nutritional and food supplements.

The second volume provides current, evidence-based monographs on the 132 most popular herbs, nutrients and food supplements. Organised alphabetically, each monograph includes daily intake, main actions and indications, adverse reactions, contraindications and precautions, safety in pregnancy and more.

- **Recommended by the Pharmacy Board of Australia as an evidence-based reference works (print) that pharmacists are meant to have access to when dispensing**
- Contributed content from naturopaths, GPs, pharmacists, and herbalists
- Useful in a clinical setting as well as a reference book.
- **It provides up-to-date evidence on the latest research impacting on herbal and natural medicine by top leaders in Australia within the fields of Pharmacy, Herbal Medicine and Natural Medicine**

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