



Nutrient Metabolism: Structures, Functions, and Genes

Martin Kohlmeier

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Nutrient Metabolism, Second Edition, provides a comprehensive overview of the supply and use of nutrients in the human body and how the body regulates intake. Chapters detail the principles determining digestion and absorption of food ingredients and how these compounds and their metabolites get into the brain, cross the placenta and pass through the kidneys. Each nutrient's coverage contains a nutritional summary that describes its function, its food sources, dietary requirements, potential health risks if deficient, and impact of excessive intake. This handbook contains the latest information on the scope of structures, processes, genes and cofactors involved in maintaining a healthy balance of nutrient supplies. Of interest to a wide range of professionals because nutrient issues connect to so many audiences, the book contains a useful link to dietary supplements.

- Latest research findings on health and clinical effects of nutrients and of interventions affecting nutrient supply or metabolism
- Each nutrient covered contains a nutritional summary describing its function, food sources, dietary requirements, potential health risks if deficient, and impact of excessive intake.
- Nutrient information immediately accessible--from source to effect--in one volume

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