



## 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.



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