



# **The Scientific Basis for Vitamin Intake in Human Nutrition: EANS Workshop, Cannes, May 1994**

## **(Forum of Nutrition, Vol. 52)**

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Recent research has shown that some vitamins and beta-carotene may play an important role in the prevention of diseases such as cardiovascular disease, cataract formation and neural tube defect. This book provides a summary of the evidence and discusses its implications for human health.



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