
Global Certificate Course in Nutritional Supplements for Longevity

Introduction to Nutritional Supplements

mindmap

root((Introduction to Nutritional Supplements))

- Nutrition Basics

 - Essential Nutrients

 - Daily Intake

- Supplement Types

 - Vitamins Minerals

 - Herbal Options

- Health Benefits

 - Disease Prevention

 - Longevity Support

- Course Objectives

 - Informed Decisions

 - Practical Guidelines