

# What's New In This Edition?

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These are the changes and enhancements from the previous version of this booklet:

1. All sheets have been updated with the latest research articles up to and including those published in April 2002.
2. Daily Reference Intakes (or equivalent) have been revised using the most current references at the time of publication.
3. Optimum Daily Allowance (Adult) section has been revised to reflect current standards.
4. Tolerable Upper Intake Levels have been added to each sheet where available.
5. There are now three classifications for usage of each vitamin or mineral:
  - a. Principal usage, which is supported by many clinical trials;
  - b. Proposed usage, which is supported by some clinical trials; and
  - c. Traditional usage, which is supported by empirical data but has not been verified by clinical trials.
6. The list of the conditions in each classification has been alphabetised for easier reference.
7. Healthy sources of each vitamin and mineral have been alphabetised for easier reference.
8. The interactions section has been greatly improved.
9. A new interaction category (Adverse Reactions) has been added.
10. All the conditions and the vitamins and minerals which can be used for each one is summarised in a table at the back of the booklet.