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**VITAMINI: priručnik za svakog liječnika i svaku obitelj**  
**(VITAMINS: A Comprehensive Guide for Every Doctor and Every Family)**  
*Mirjana Lovrić*

There is a new book on the Croatian book-market that deserves our attention. It was written by Mirjana Lovric, a nutritionist who has been investigating vitamins and the possibility of their use in the prevention and treatment of disease for almost 20 years now.

The book VITAMINI: prirucnik za svakog lijecnika i svaku obitelj (420 pages) is an excellent professional piece of work in which the author in a very simple way explains what precisely the vitamins are, why it is that we need them and what can be achieved and gained by their use in the medical practice. In a way easy to understand she explains that vitamins are not only substances needed for the healthy skin, hair and eyes, or to fight the common cold as we usually think, but are rather needed in almost all chemical processes that occur in our body all the time, and as such can be related to all the impairments and diseases that one might get today. Therefore, vitamins have much greater role in human health and disease than it is usually thought, and as such they should be taken more into consideration in the everyday use in the medical practice.

In the introductory part the author tells us about the most common diseases and medications that influence the vitamin status in the body, and then she proceeds to tell us about each vitamin in more detail in chapters on individual vitamins, each of which contains the short history of its discovery and isolation, its functions in the body, symptoms of deficiency, uses in the medical practice, daily needs, absorption and bioavailability in the body, preventive and therapeutic doses, toxicity, contents in foods, and stability in food processing and storage. Thus, there is quite a number of useful pieces of information in one place. The book is based on scientific research, which adds to its importance and meaning. The author used quite a number of scientific works published worldwide as references to back her claims. There are about 200 scientific works mentioned.

The methodology the author used in writing the book is good, so the book is easily read and the text is easily understood »even by those that have little or no medical knowledge«, the aim the author says she was trying to achieve. For this great number of extremely useful and meaningful pieces of information the book can be recommended both to experts in the related fields (such as medical doctors, nutritionists and food industry professionals) and the nonprofessional readers, as well. The wish of the author was to inform the reader of the latest research and knowledge in the field of vitamins and the possibility of their use in the prevention and treatment of disease, and she indeed succeeded in doing it in a very expert way easy to understand. In chapters on individual vitamins she also tells us about all the important impairments and conditions the vitamin in question can have an influence on, whether in the prevention or in their treatment. Among the diseases and conditions she mentions in more details are atherosclerosis and other vascular diseases, diabetes,

many types of cancer including breast and cervix cancers, infective diseases, pregnancy and birth disorders and defects, alcoholism and other addictions, various psychological and mental disorders including depression, lack of concentration, and senility in the elderly, and many other conditions.

This book is most certainly one of the most complete and best quality books in its field, both in Croatia and abroad. I sincerely recommend it to all professionals and scientists in the field as well as to the wider public.

More information on the book (including a complete Contents and critical reviews) can be found at the web site [www.knjiga-vitamini.com.hr](http://www.knjiga-vitamini.com.hr) where you can also order the book at a discounted cost.

**Vlasta Piližota**

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