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The Doctor's Complete Guide to Vitamins and Minerals **Vitamins and Minerals Demystified** *Vitamins and Minerals in Health and Nutrition Eat Your Vitamins* **Vitamins and Minerals** *The Vitamin Book The Real Vitamin and Mineral Book, 4th edition* The Essential Guide to Vitamins, Minerals and Herbal Supplements **An Evidence-based Approach to Vitamins and Minerals** **Vitamins & Minerals** **Vitamins and Minerals** **Vitamins & Minerals** The Complete Book of Vitamins and Minerals for Health What You Must Know About Vitamins, Minerals, Herbs & More *The Vitamins & Minerals Bible* Vitamins and Minerals Understanding Vitamins and Minerals **An Evidence-Based Approach to Vitamins and Minerals** **Eat for Life** **User's Guide to Vitamins and Minerals** **The Complete Book of Vitamin and Mineral Counts** **Vitamins and Minerals** *What You Must Know about Vitamins, Minerals, Herbs and So Much More* *The Vitamin Book* Fortify Your Life *Vitamins and Minerals: Fact versus Fiction* The New Encyclopedia of Vitamins, Minerals, Supplements, & Herbs Vitamin and Mineral Requirements in Human Nutrition **The Healing Power of Vitamins, Minerals, and Herbs** **The Complete Book of Vitamins and Minerals** **Vitamins and Minerals** **Biofortification of Edible Plants** **Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc** The Complete Book of Vitamin and Mineral Counts Vitamins and Minerals: Supplements for Wellness and Longevity The Complete Idiot's Guide to Vitamins and Minerals The Encyclopedia of Vitamins, Minerals, and Supplements **Vitamins and Minerals from A to Z with Ethno-Consciousness** **Vitamins & Minerals Quick Reference Guide** **Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids** **Vitamins, Herbs, Minerals & Supplements**

This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes (DRIs). This series provides recommended intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for individuals based on age and gender. In

addition, a new reference intake, the Tolerable Upper Intake Level (UL), has also been established to assist an individual in knowing how much is "too much" of a nutrient. Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients, recommendations have been formulated regarding vitamins A and K, iron, iodine, chromium, copper, manganese, molybdenum, zinc, and other potentially beneficial trace elements such as boron to determine the roles, if any, they play in health. The book also: Reviews selected components of food that may influence the bioavailability of these compounds. Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role. Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups. Identifies research needed to improve knowledge of the role of these micronutrients in human health. This book will be important to professionals in nutrition research and education. This book is an excellent introduction to the increasingly complex field of nutrition and health for food technologists and health professionals. It includes individual entries for all major vitamins, minerals and trace elements. Information is provided on nutritional medicine and cell protective mechanisms, together with the role of vitamins, minerals, trace elements and essential fatty acids in treating and preventing disorders. A bewildering range of vitamin, mineral and herbal supplements is now widely available to us all, but information about their health benefits cannot be given on the packaging as it would constitute a health claim. In this jargon-free guide leading expert on sensible supplementation, Dr Sarah Brewer, sets out all you need to know about the main supplements, and suggests which to take for specific health problems. It includes: A-Z guide to 150 supplements for a brighter and healthier life. Clearly explains the benefits, possible side effects and contraindications. Thoroughly sets out the research evidence to back their efficacy. Recommends supplements for common problems such as IBS, chronic fatigue, recurrent candida and arthritis. Packed with clear and concise answers, this essential guide explains the use of supplements to maintain or improve your daily health. With more than 300,000 copies in print, *The Real Vitamin & Mineral Book* is a trusted resource for people seeking to make sense of the plethora of information about nutritional supplements. Now in its fourth edition, this book provides up-to-date scientific validation for the use of dietary supplementation in both the treatment and prevention of disease and for overall optimum health-the very facts that are not made available to consumers when they purchase supplements. In this fully revised and updated fourth edition, readers will find: - complete usage and dosage recommendations for the twenty-eight basic vitamins and minerals that every person needs to promote health and to slow aging; -

advanced recommendations for special conditions that may require additional supplementation; and - quick-reference charts and tables for easily updating supplement regimens. With clear, understandable explanations, the most current scientifically documented nutrient guidelines, and easy-to-follow charts, *The Real Vitamin & Mineral Book* is concise and to the point-the only resource readers will need. Though we know that vitamins and minerals are essential for maintaining health, in the busy pace of modern life it's easy to neglect our basic nutritional needs. This handy reference explains how daily requirements can be met with natural foods and supplements. A step-by-step guide that covers natural food sources for vitamins and minerals, descriptions of specific plants and minerals and their use, a cross-referenced A-Z of common ailments, and more. Full-color illustrations throughout. This book covers everything you need to know about essential vitamins and minerals, and provides guidance on the best sources of those crucial nutrients. The first chapter introduces you to the fundamentals of nutrition. The next chapters cover vitamins, minerals, antioxidants, and supplements. The final chapter contains detailed profiles of more than 35 vitamins, minerals, and herbs. This book incorporates the most recent dietary guidelines and nutrient intake recommendations issued by experts. At last, a trusted guide to the supplements aisle. In today's world, even people who eat well don't necessarily get all the nutrients they need. Many of us rely on various vitamins, minerals, and nutraceuticals -- but the number of products on the market is overwhelming. In these pages, acclaimed integrative health physician Tieraona Low Dog shows you how to separate the truly healthful from the hype. - Jacket. "A practical guide to 100 star ingredients – and the vitamins and minerals within them – to help strengthen, refresh, and improve your health. Understand the scientific information about the foods that provide your body with the vital nutritional benefits it needs, and then be inspired with simple and delicious recipes"--Back cover. Learn the essential nutrients you need to lead a healthy lifestyle in this fact-packed book. This book offers practical advice on vitamins and minerals to help you understand what they do, why you need them and when to take them. The introduction guides you through the basic facts: how vitamins and minerals work and the effects they have on different parts of the body. It explains how your nutritional needs change throughout life and describes the different types of supplements available. It is the Melanin biopolymer that has been identified to control all major hormonal, Neurological, and all systems responsible for environmental adaptations within the Human body. This book has been written with the focus to update the reader on the vital activities and life-sustaining attributes of Melanin, all of which are needed for Human tissue evolution in the 21st Century. The information offers stimulating reading to promote you to reevaluate your present attitudes & opinions regarding this vital life promoting pigment. In order to " free" the MELANIN

Biopolymer of past biases, judgments and criticisms, all of which inhibits its phonon-electron-photon capabilities has become necessary. The process of Personal self-reflection to identify and neutralize any biased or critical perceptions surrounding ones Melanin encourages a biological and physiological chemical state to be produced within the body. This altered blood quality, will support the full activation of Melanin. The reader must examine their past and present attitudes surrounding this vital life sustaining, LIGHT modulating substance, in order to experience the full evolution of our Hueman bodies .The metamorphosis of the Hueman body is required now, to enable oneself to experience health and wellbeing throughout the 21st Century. Active Melanin extends optimal support to all tissues composing the Hueman body and especially its genetic sequencing resources. This book brings to light the biological, physiological as well as the Mental and emotional environment Melanin requires; to operate in a perpetual efficient state of cellular regeneration, heat and Light energy modulation and genetic evolution of the body in general. The contents of this book profoundly provoke your attention to appreciate "how wonderfully you are made." Jewel Pookrum, MD, PhD, MFS Published by J.E.W.E.L. Publications (Subsidiary of HOUSE OF JEWELS) Health & Physiology 2011 The latest and most accurate, peer-reviewed information on the role of vitamins and minerals in health and disease An Evidence-Based Approach to Vitamins and Minerals: Health Benefits and Intake Recommendations is a trusted resource for the health professional who needs to interpret the explosion of studies on the role of micronutrients in health and disease and who is concerned about the proliferation of dietary supplements now available to the consumer. This evidence-based reference, now in a second edition, presents the most current scientific, epidemiological and clinical research on the role of vitamins and minerals in preventing disease and promoting optimal health. Organized by micronutrient, the book covers biological function, deficiency, recommended daily allowance, role in disease prevention and treatment, sources, safety, and interactions with other micronutrients and drugs--all endorsed by the internationally acclaimed Linus Pauling Institute at Oregon State University. Special Features: Each chapter reviewed by a recognized expert in the field, who also served on the book's Editorial Advisory Board Contains the latest intake recommendations from the Linus Pauling Institute, as well as the Food and Nutrition Board of the Institute for Medicine Provides a complete index by disease or disorder that facilitates easy location of condition-specific information found in multiple chapters Extensively referenced, with hundreds of citations from the most current experimental, clinical and epidemiological studies Includes useful appendices covering drug-nutrient interactions and nutrient-nutrient interactions, a glossary of terms, a units conversion table, and the Linus Pauling Institute "Prescription for Health," summarizing its recommendations for a healthy diet,

lifestyle, and supplement use Taking the approach that micronutrients play a significant role not only in Encapsulating the science behind vitamins and minerals Need to understand how vitamins and minerals work but find dense texts difficult to absorb? Here's your panacea! Vitamins & Minerals Demystified makes it easy to digest information on everything from A to zinc. Written by a holistic health doctor, this essential guide explains the crucial role vitamins and minerals play in nutrition and physiology. You'll find details on the type and amount required for survival and for increased disease resistance. The book outlines the food sources of different vitamins and minerals and covers the benefits and pitfalls of both natural and synthetic vitamins. Featuring end-of-chapter quizzes and a final exam, this book will fortify your knowledge of vitamins and minerals. This fast and easy guide offers: Numerous figures to illustrate key concepts Graphs indicating the foods rich in various vitamins and minerals Charts featuring U.S. Recommended Daily Allowances (USRDA's) Coverage of deficiency-related diseases Quick summaries of each vitamin and mineral reinforce learning Simple enough for a beginner, but challenging enough for an advanced student, Vitamins & Minerals Demystified is the perfect supplement for anyone studying or interested in this important health topic. A Detailed Reference on How Modern Biotechnology is using the Biofortification of Crops to Improve the Vitamin and Mineral Content of Edible Plants In this reference, Vitamins and Minerals Bio-Fortification of Edible Plants, authors cover new territory on phytonutrients, focusing on the enhancement and modification of edible crops. This book presents techniques and research findings from modern biotechnology to educate readers on the newest tools and research in the field. Readers will learn how groundbreaking scientific advances have contributed to the nutritional content of edible plants and crops for animals and humans. Inside, readers will find comprehensive information on new concepts of biofortification, including but not limited to: ? Modern biotechnology and its uses for improving the vitamin and mineral content of edible plants ? Potential minerals and vitamins that can be targeted and implemented in agriculture ? Ways of enhancing the nutritional contents of edible plants to address nutritional deficiencies and improve livestock ? Methods of identifying plants that can be used to heal or prevent disease and illness While many books cover the phytonutrients of crops, this reference book reports on methodologies, techniques, and environmental changes used to enhance and improve agricultural products. It is one of the first to provide information on using modern biotechnologies to modify crops with the goal of creating health benefits. Building on the tremendous interest in health, alternative medicine, and nutritional supplementation, the User's Guide to Nutritional Supplements Series is designed to answer the consumer's basic questions about diseases, conventional and alternative therapies, and individual dietary supplements. Written by leading experts and science writers, The User's

Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues, including specific major diseases, alternative therapies, and vitamins, minerals, herbs, and other nutritional supplements. The User's Guide to Vitamins & Minerals explains how these remarkable nutrients can make a big difference in your health. Updated to incorporate the latest nutritional and scientific research, a helpful manual offers techniques for assessing one's supplement requirements; explores the functions, benefits, and risks of each essential vitamin, mineral, and other supplements; and dispels myths about false cures and remedies. Original. This easy-to-use guide contains the latest information on vitamins and minerals. It includes up-to-date information on the role of vitamins and minerals in health and disease and a special section on the antioxidants--vitamins C and E and beta-carotene. Also lists the contents of common vitamin/mineral supplements. This volume is the newest release in the authoritative series of quantitative estimates of nutrient intakes to be used for planning and assessing diets for healthy people. Dietary Reference Intakes (DRIs) is the newest framework for an expanded approach developed by U.S. and Canadian scientists. This book discusses in detail the role of vitamin C, vitamin E, selenium, and the carotenoids in human physiology and health. For each nutrient the committee presents what is known about how it functions in the human body, which factors may affect how it works, and how the nutrient may be related to chronic disease. Dietary Reference Intakes provides reference intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for different groups based on age and gender, along with a new reference intake, the Tolerable Upper Intake Level (UL), designed to assist an individual in knowing how much is "too much" of a nutrient. Organized by nutrient, this evidence-based reference synthesizes all of the most current research on vitamins and minerals in an easy-to-use format. Each chapter addresses the function the nutrient plays in the human body; current definitions of deficiency, including Recommended Dietary Allowance (RDA) or Adequate Intake (AI) recommendations; the use of the nutrient for prevention or treatment of a disease, if known; dietary and other sources of the nutrient, including food and supplement sources (breaking down the different supplement forms); safety precautions for overdosing and drug interactions; and the Linus Pauling Institute's current recommendation for health maintenance. Each chapter has been reviewed by an expert in the area, all of whom are noted in the Editorial Advisory Board. This work is endorsed by the Linus Pauling Institute of Oregon State University. Four appendices add to the clinical usefulness of this work: a quick reference to disease prevention and treatment recommendations made throughout the text, nutrient - nutrient interactions, drug - nutrient interactions, and a glossary. Presents information on vitamins, minerals, and dietary supplements in a dictionary format, with over 900 entries. Shows readers how to get all the vitamins and minerals they

need from the food they eat, without the use of supplements, and offers comprehensive information on each essential vitamin and mineral, including the best sources of each nutrient. Original. America's Most Reliable Vitamin Guide...Completely Updated! We've all heard about the miraculous curative and preventive powers of vitamins, minerals, and herbal remedies. Now the new, revised The Vitamin Book, compiled by pharmacological experts, cuts through the confusion so you learn what to take and why. Here is authoritative and up-to-date scientific information on exactly what vitamins, minerals, and herbal remedies can do for you. You'll find: Detailed descriptions of vitamins, minerals, trace elements, and electrolytes, including daily requirements, dosages, therapeutic uses, and more The latest research on St. John's wort, echinacea, CoQ10, DHEA, and other popular herbal and dietary supplements An essential guide to brand-name multivitamins found in your supermarket or health food store Specific recommendations for children, athletes, seniors, and pregnant or postmenopausal women Guidelines for safe supplement use, including megadosing and critical drug interactions The nutrient content of hundreds of common foods, including popular fast foods How computer programs can monitor your vitamin and mineral intake And much, much more Results from the National Research Council's (NRC) landmark study Diet and health are readily accessible to nonscientists in this friendly, easy-to-read guide. Readers will find the heart of the book in the first chapter: the Food and Nutrition Board's nine-point dietary plan to reduce the risk of diet-related chronic illness. The nine points are presented as sensible guidelines that are easy to follow on a daily basis, without complicated measuring or calculating—and without sacrificing favorite foods. Eat for Life gives practical recommendations on foods to eat and in a "how-to" section provides tips on shopping (how to read food labels), cooking (how to turn a high-fat dish into a low-fat one), and eating out (how to read a menu with nutrition in mind). The volume explains what protein, fiber, cholesterol, and fats are and what foods contain them, and tells readers how to reduce their risk of chronic disease by modifying the types of food they eat. Each chronic disease is clearly defined, with information provided on its prevalence in the United States. Written for everyone concerned about how they can influence their health by what they eat, Eat for Life offers potentially lifesaving information in an understandable and persuasive way. Alternative Selection, Quality Paperback Book Club Diet, health and ailments can all be changed with some natural help. Everyone will find this guide useful to see what they might be lacking in nutrients and how you can get them through food or supplements. This 4-page laminated guide includes: vitamin names, type and dosage, natural sources, best if taken with..., deficiencies and toxicity symptoms, supplement cardiovascular, supplement gastrointestinal, supplement - genital-urinary, supplement - musculoskeletal disorders, supplement - respiratory

disorders, supplement allergies, supplement disorders, and vitamin & drugs that interact adversely. Newly updated with all the information about popular vitamins, Dr. Griffith's revised edition gives people what they are looking for in unique, at-a-glance chart formats. Almost 75 percent of health and longevity is based on lifestyle, environment, and nutrition. Yet even if you follow a healthful diet, you probably don't get all the nutrients you need to prevent disease. In *What You Must Know About Vitamins, Minerals, Herbs & More*, Dr. Pamela Smith explains how you can maintain health through the use of nutrients. Part One of this easy-to-use guide discusses the individual nutrients necessary for good health. Part Two offers personalized nutritional programs for people with a wide variety of health concerns. People without prior medical problems can look to Part Three for their supplementation plans. Whether you want to maintain good health or you are trying to overcome a medical condition, *What You Must Know About Vitamins, Minerals, Herbs & More*, can help you make the best choices for the health and well-being of you and your family. Discusses the importance of the various vitamins and minerals for health and provides tips on taking nutritional supplements. Answers questions about vitamins, minerals, and herbs, and addresses such issues as how well do multivitamins work and what herbs improve one's sex life. We've updated and expanded our popular *Vitamins & Minerals* study guide to ensure complete coverage of what you need for good long-term health. Every important vitamin and mineral--as well as the various disorders they're used for and the recommended amounts--is listed in a handy table format; types of food containing specific vitamins and minerals are also included. Access to this important information has never been easier! *Vitamins, minerals for a healthy life. Including vitamins, minerals and other supplements as part of our diet is important to maintain good health. An Illustrated Guide: Vitamins & Minerals* provides an authoritative introduction to supplementary nutrition and how it works in our bodies. This illustrated reference book contains specially commissioned photographic sequences on each of the most important vitamins, minerals, nutrients and supplements. Dietary expert, Karen Sullivan, shows how each element works, what ailments it treats, where it can be found and how best to take it. She explores common deficiencies and offers clear guidelines for choosing the right supplement. In addition, she offers a valuable self-help section which lists vitamins and minerals that boost brain power and fight stress. The A-to-Z guide to essential vitamins, minerals, and nutrients, so you can ditch synthetic supplements and promote health naturally with nourishing foods. Vitamins and minerals are the building blocks of good health. But the heavily processed foods that are so common in today's modern diet are stripped of these nutrients, leaving many people nutrient deficient despite meeting (or exceeding) their daily calorie needs. The accepted solution is to take supplements created in a lab, but the dosage and

interactions can be confusing, and supplements are loosely regulated and not always foolproof, especially since our bodies are designed to receive nutrients from natural, whole foods. *Eat Your Vitamins* features fifty key vitamins, minerals, and other nutrients essential to your health. You will find clear definitions of each nutrient along with the role it plays in the body, how it is best consumed and absorbed, recommended daily doses, and detailed lists of foods and natural sources that contain the vitamin along with a recipe for a nutrient-rich meal. Ditch the synthetic supplements and make the right choice about how to properly feed and fuel your body. Examines the major vitamins and minerals, their functions, sources, proper daily dosages, and deficiency symptoms. Featuring information from the latest scientific research, this book helps readers sort fact from fiction when it comes to taking vitamins and supplements. Abstract: With attempts to dispel the myths, mysteries, and untruths commonly associated with vitamins and minerals. The information in this book, gleaned from hundreds of scientific publications, is intended to help the consumer develop a common-sense approach to the use of vitamins and minerals in the diet. What vitamins/mineral used as drugs, vitamins/minerals in the food supply, and how to buy and take vitamin/mineral products comprise some of the topics addressed. Vitamin/mineral profiles and drug interactions are presented; tables and a bibliography are included. "What You Must Know About Vitamins, Minerals, Herbs, and So Much More, Second Edition, explains how you can restore and maintain health through the wise use of nutrients. Part One presents the individual nutrients necessary for good health, discussing the benefits, uses, side effects, and recommended dosages of each. Part Two offers personalized nutritional programs for people with a wide variety of health concerns"-- In the past 20 years micronutrients have assumed great public health importance and a considerable amount of research has led to increasing knowledge of their physiological role. Because it is a rapidly developing field, the WHO and FAO convened an Expert Consultation to evaluate the current state of knowledge. It had three main tasks: to review the full scope of vitamin and minerals requirements; to draft and adopt a report which would provide recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine; to identify key issues for future research and make preliminary recommendations for the handbook. This report contains the outcome of the Consultation, combined with up-to-date evidence that has since become available. The importance of a balanced and healthful diet cannot be overemphasized. But how can you be sure you are getting all of the nutrients your body requires? *The Complete Book of Vitamin and Mineral Counts* has the information you need. Find out which vitamins and minerals are in the food you eat--and what you may have to add to your diet. For example, are you trying to boost your immune system? You need zinc, and one of

the best natural sources is in whole grain products like bran cereals. Worried about osteoporosis but don't like milk? Canned salmon is a good alternative to step up your calcium intake. Research has shown how important it is for pregnant women to get enough folic acid, but from where? Try spinach--which will also give you the extra dose of vitamin A your pregnancy calls for at the same time. A new index speeds your access to specific foods and nutrients. Plus comprehensive information on each essential vitamin and mineral--its function, best sources, RDA, and toxicity. Discusses how vitamins can help to optimize health, fight disease, slow aging, and assist in weight loss, considering more than one thousand diseases, disorders, and conditions that can be helped. This accessible reference profiles the vitamins and minerals most important to human health, presenting information in an easy-to-use format and summarizing the findings of key research studies. • Utilizes a standardized chapter structure that makes finding specific information fast and simple • Summarizes and contextualizes key research findings in easy-to-understand language • Provides introductory materials to help readers build a solid foundation of knowledge, including how suggested vitamin and mineral intake amounts are determined and how dietary supplements are regulated • Includes appendices that provide at-a-glance information about the best food sources for all vitamins and minerals covered in the book

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