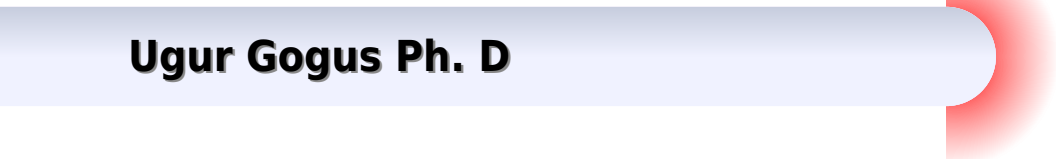




QUICK START NUTRITION GUIDE

Quick Start Nutrition Fundamentals

Ugur Gogus Ph. D



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