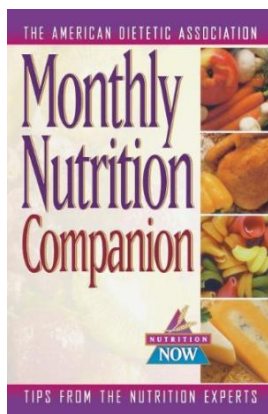


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# MONTHLY NUTRITION COMPANION 31 DAYS TO A HEALTHIER LIFESTYLE



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