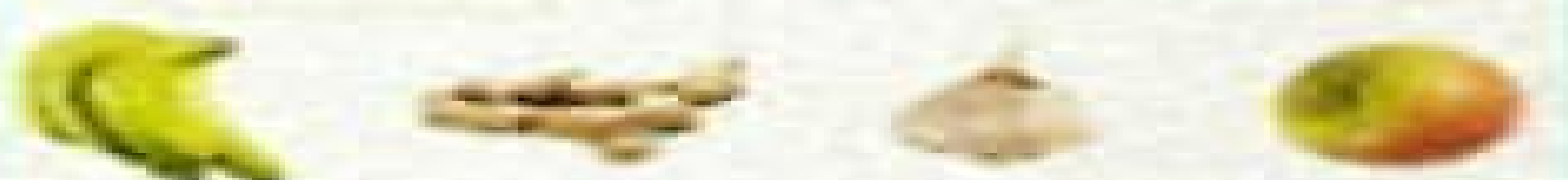


NUTRIENTS A TO Z



A USER'S GUIDE TO FOODS,
HERBS, VITAMINS, MINERALS
& SUPPLEMENTS



— MICHAEL SHEARON

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