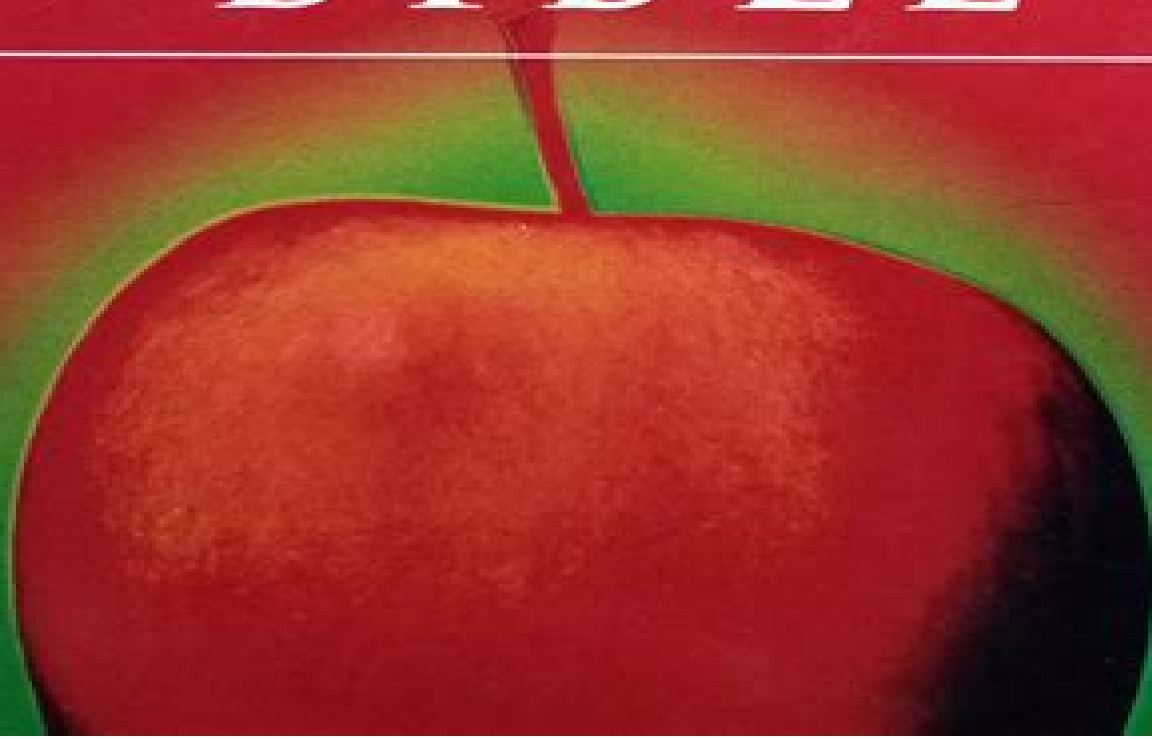


THE OPTIMUM NUTRITION BIBLE



The Optimum Nutrition Bible

Lei Huang



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