

Reduce the Need for Costly Supplements!



Eat

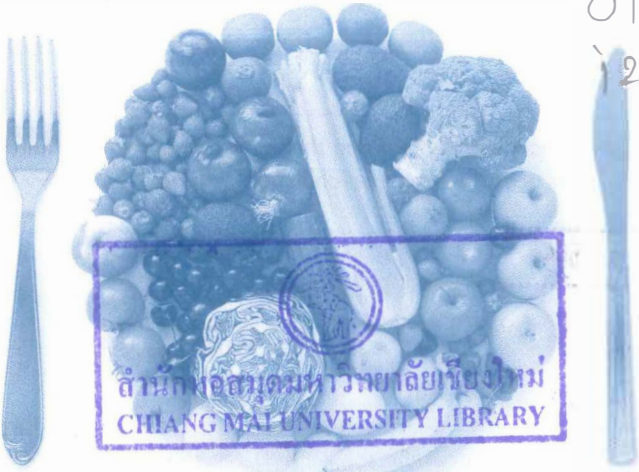
~~TAKE~~ YOUR
VITAMINS

Your Guide to Using Natural Foods to Get the Vitamins,
Minerals, and Nutrients ***Your Body Needs***

Mascha Davis, MPH, RDN

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ADAMS MEDIA
New York London Toronto Sydney New Delhi

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