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our bodies need for balanced nutrition including Vitamins A, B, C and E as well as magnesium, iron, zinc, calcium and phosphorus. They also contain dietary fiber which is critical in helping the body rid itself of toxins. The combined benefits of fresh fruit and vegetables include a reduced risk of heart disease, stroke, eye and digestive problems.

Introduction

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Tapout: Official Training Partner of WWE

The Tapout XT2 Nutrition Guide is similar to many food guides in that it naturally talks about calorie limits and good foods. However, compared to its predecessor that went into much more detail, this guide only has 4 pages of commentary on calorie counts and the rest is all recipe ideas.

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