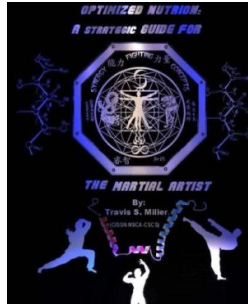


## Optimized Nutrion: A Strategic Guide for the Martial Artist



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