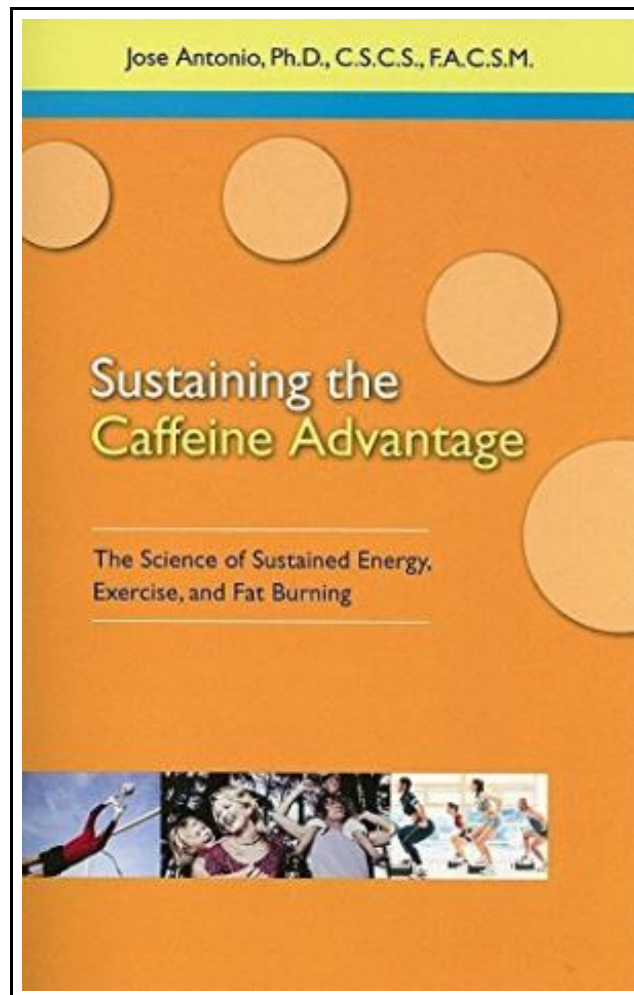# Sustaining the Caffein Advantage: The Science of Sustaining Energy Exercise and Fat Burning

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