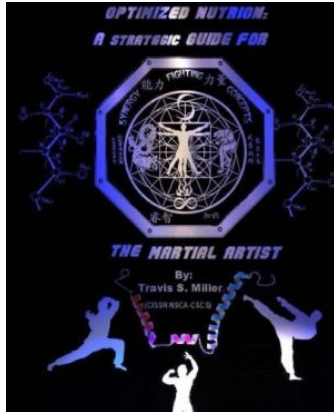


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# OPTIMIZED NUTRION: A STRATEGIC GUIDE FOR THE MARTIAL ARTIST



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