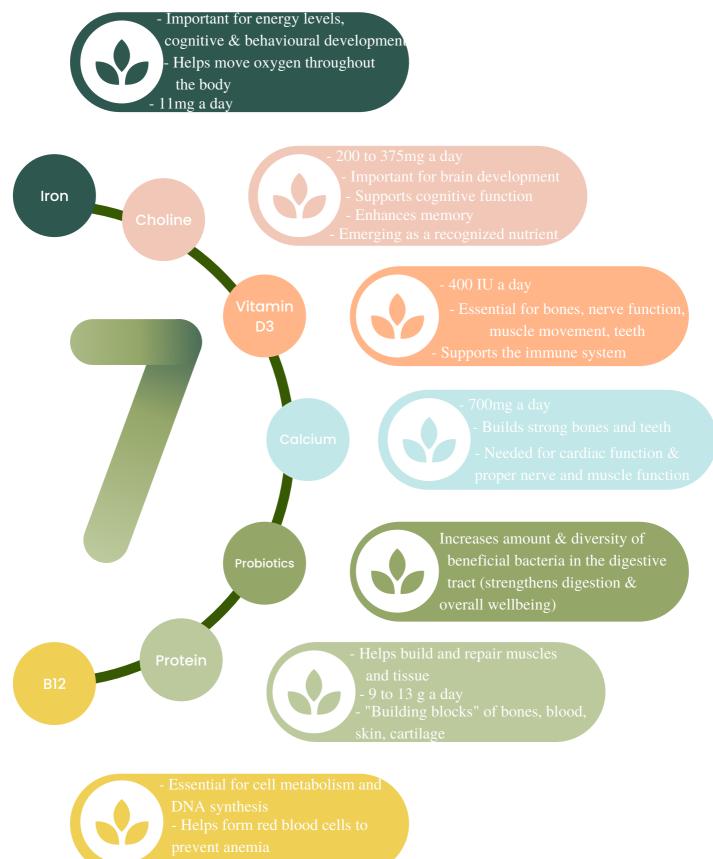
Nutrients Explained



Food Sources

(Note this is not a comprehensive list)



