



Antioxidant Pocket Counter: A Guide to the Essential Nutrients That Can Help Fight Cancer and Heart Disease

Gail Becker

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This first-of-its-kind guide contains easy-to-read charts and condensed information that lists the amounts of vitamins A, C, and E, beta carotene, fiber, and saturated fat, in each serving of almost any food, and explains how to obtain a good job.

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