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Melius, Caelique Meatus Describent Radio Et Surgentia  
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The NNR Diet Provided Less Protein And Fat But More

Carbohydrate With 15% Protein, 25-30% Fat, And 55-60% Carbohydrates, Including Foods Similar To The Paleo Diet But Also Low-fat Dairy Products And High-fiber Grains. Both Groups Significantly Decreased Fat Mass And Weight Circumference Feb 1th, 2024

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