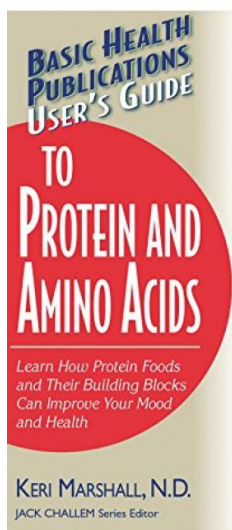


## User's Guide to Protein and Amino Acids: Learn How Protein Foods and Their Building Blocks Can Improve Your Mood and Health



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