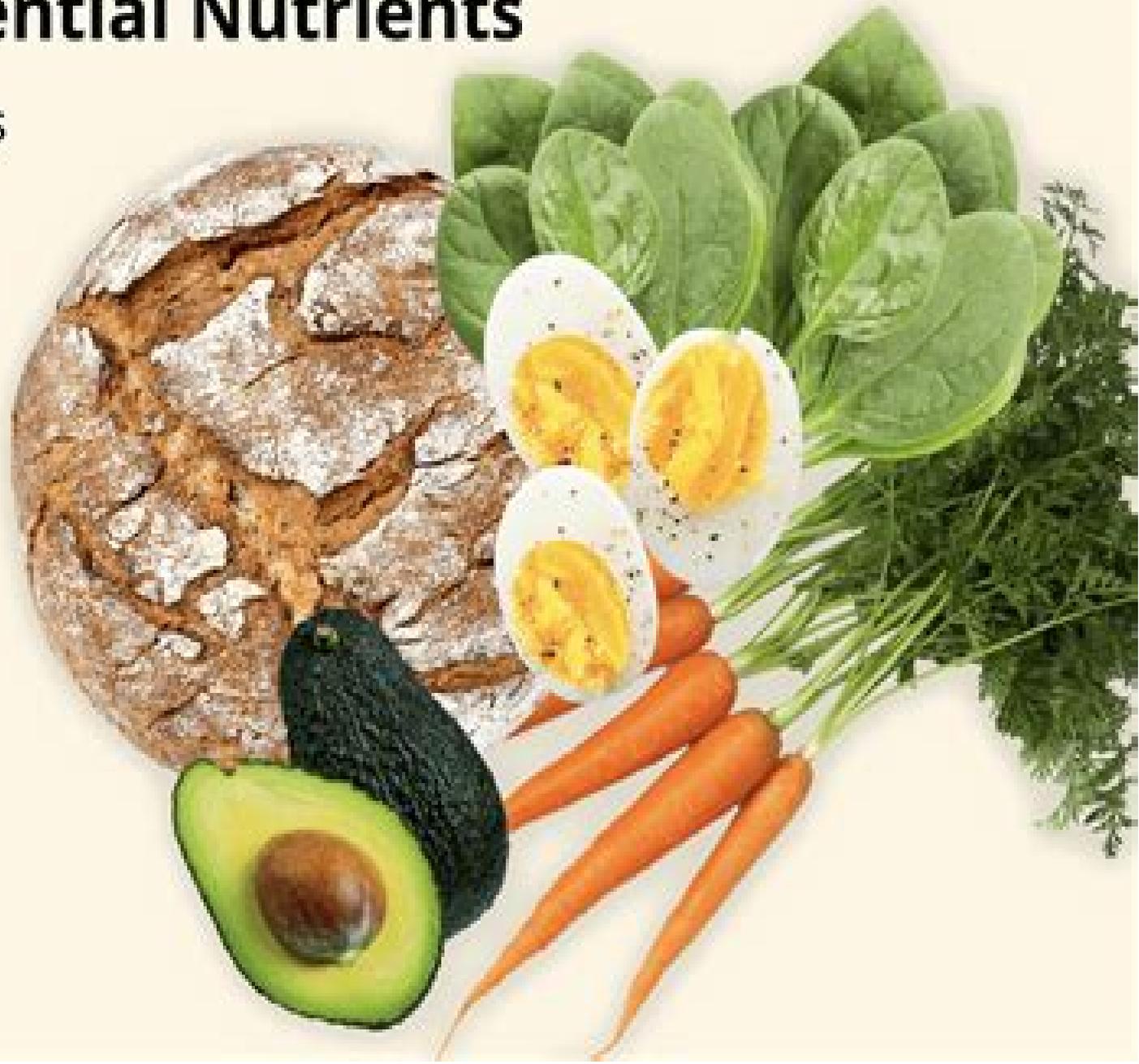


# The 6 Essential Nutrients

- Carbohydrates
- Protein
- Fat
- Water
- Vitamins
- Minerals



# Nutrition For You

**SJ Ball**



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