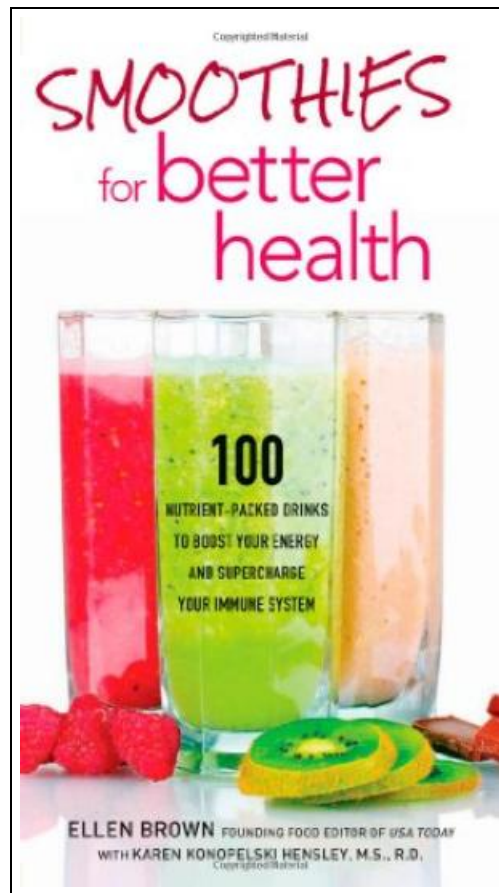


## Smoothies for Better Health: 100 Nutrient-packed Drinks to Boost Your Energy and Supercharge Your Immune System



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