



Gli indispensabili omega 3 (Italian Edition)

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Il segreto per conservare il giusto equilibrio dei grassi corporei, prevenire le malattie e perdere peso sta nel fare scorta dei preziosi Omega. Li troviamo nei pesci, nelle alghe, negli oli, nelle noci e nelle verdure. Una corretta alimentazione e gli integratori naturali adatti riducono l'eccesso di colesterolo, prevengono ictus e Alzheimer, mantengono giovane la pelle.

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