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Soaked almonds are the underrated champions of the food chart. And there are many effortless ...

Antioxidants, particularly vitamin E, are known to protect your cells from oxidative damage.

~~All about soaked almonds~~

Lots of vitamin d!! And a healthy life on this #WorldHealthDay. Don ' t be afraid to take control of your health!! Just Do it!! Do it!! Also, when you ' re healthy you ' re happy and when you ' re ...

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~~World Health Day: Bollywood
discusses Covid on social media~~

I strictly followed the workout plan
and diet chart prepared by my trainer
... including maximum number of
vitamins in my diet, and going to the
gym five or six times a week.

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