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# March 2020 Vitalit-E-News References

#### **Exercise is Medicine**

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#### **Dates: A Power Food for Athletes**

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### Pistachio Date Granola

Recipe Source: Medicine Talk Professional Staff

## Mighty Magnesium Helps You Meet Physical Demands

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## **Maca Root Meets High Energy Demands in Athletes**

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## Sauna Therapy: Sweat Out the Toxins

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