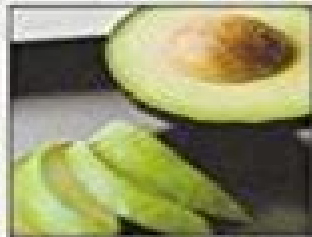


# ELITE NUTRITION



**INSANITY**

# Nutrition Guide For Insanity

**M Woodhall**

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