

# Dr Atkins Vita Nutrient Solution Nature S Answer

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to do what no other magazine does deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of americans vt s goal to embrace both

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reaching nearly 1 million readers monthly better nutrition celebrates 70 years as a leading in store distributed magazine for health conscious consumers widely distributed to thousands of health food stores and grocery chains across the

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