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LOW CARB MANUAL

DISCLAIMER: Before starting this or any other dietary program, consult your licensed health care provider. This product is not intended to treat or cure disease. The nutrition amounts listed for the recipes and food charts were submitted in part by the participating companies and associations. Every effort is made to check the accuracy of these numbers. However, nutrition amounts can vary depending on many different factors, including genetic make up, time of year, brand name and country of origin. Copyright© 2007 by 40/30/30 Nutrition Inc. All rights reserved. This book may not be duplicated in any form or by any means, electronic or mechanical, including photocopying, without written consent of the publisher.