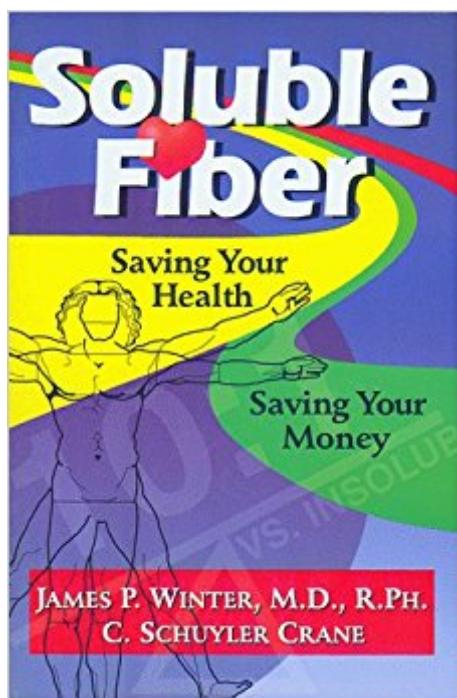


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Soluble Fiber: Saving Your Health, Saving Your Money



Synopsis

A reader-friendly approach to medical literature that supports the reasons for high fiber supplementation in the prevention and treatment of human disease. Learn why you save money when you increase the intake of soluble fiber in your daily diet. A glossary of terms, selected reference bibliography, and an easy-to-read Q&A format are included.

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