

[Healthaliciousness.com/articles/foods-high-in-vitamin-b12.php](http://healthaliciousness.com/articles/foods-high-in-vitamin-b12.php)

even worse, i was allergic to the damn things i have now been to the emergency room 12 times and have

healthaliciousness.com vitamin c

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the only difference between the juices and gels is consistency

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