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5 ingredients

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Good For your Heart

low cholesterol

low fat

low sodium

Main Ingredient

beef

chicken

fish & seafood

pork

vegetarian

Meal

breakfast

Healthy recipes > cooking & nutrition tips >

The Power of Omega-3s



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More Sources of Omega-3s

Aristo Wellness Bars

Omega-3 amount: 100 mg per serving

Where to buy: aristohealth.com

Price: \$1.89 each

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