

[Www.menshealth.co.za/bellyoff](http://www.menshealth.co.za/bellyoff)

menshealth.co.za magazine

if they dropped it as a way of firing a shot across amazon's bow, they were using a pea-shooter.

www.menshealth.co.za

i'll give you an example: i've been taking vitamin d my whold life (since 10) and was only tested 6 years ago to see what my level was.

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