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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Ephedrine free diet**

**By Raymond**

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Read the original article

If your looking for an ephedrine free diet Inositol is right for you.

As part of the B vitamin family it has powerful isotropic effects.

Other benefits of Inositol are help relieving depression, and promote nerve function.

Webmaster of Boeafitness.com

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**Ephedrine and Its Use In Weight Loss**

**By Chester Ku-Lea**

Chester is a health nutrition consultant and is the owner of

[www.AstroNutrition.com](http://www.AstroNutrition.com)

– a provider of

premium health nutrition and sports supplements.



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