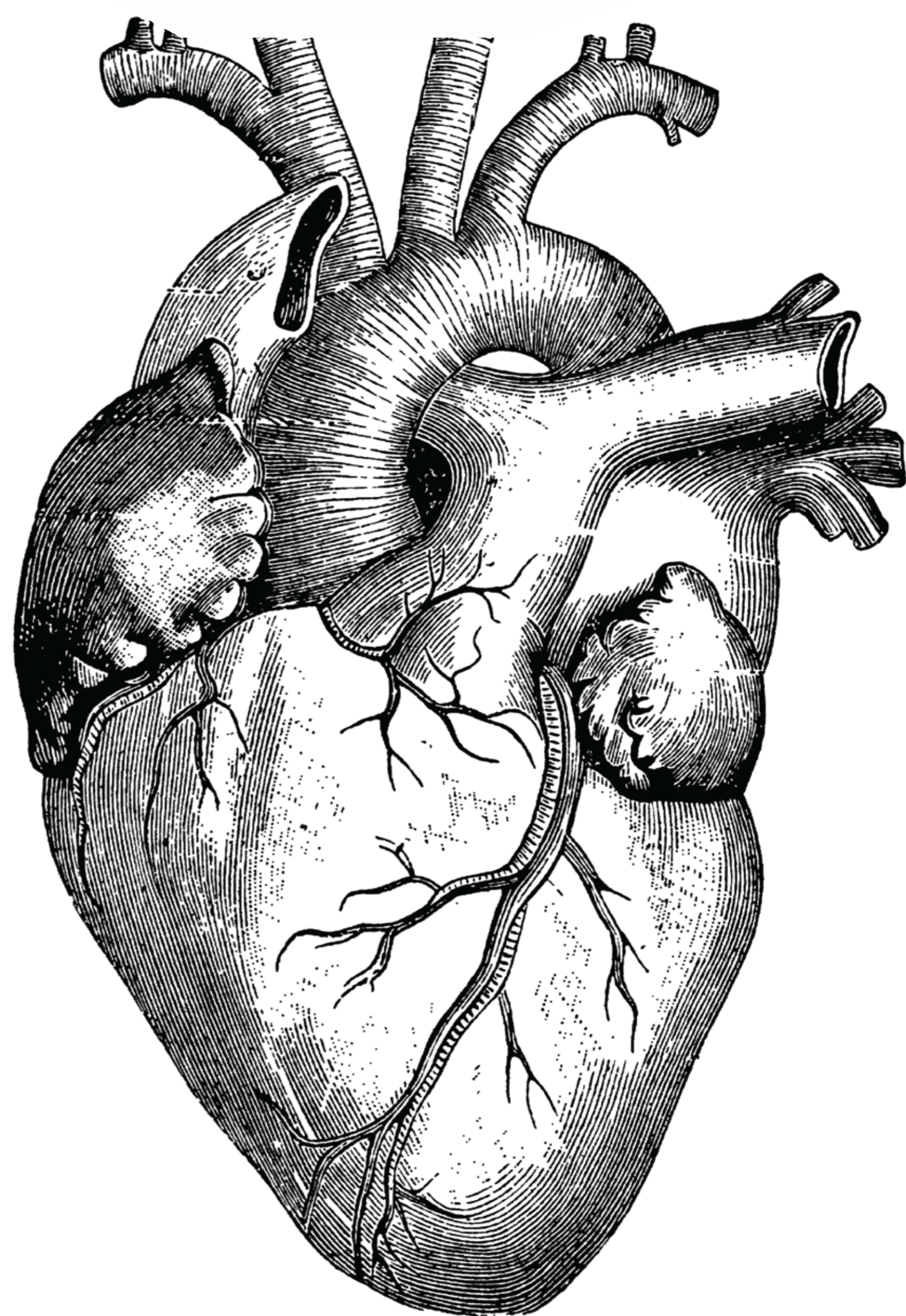




this mussel
can help keep



this muscle
healthy

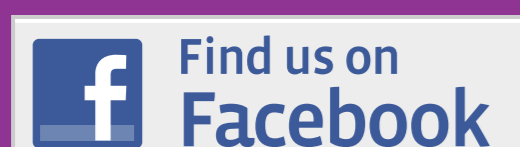


Eating seafood regularly can help to reduce the risk of a heart attack by up to half.



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