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Best and Worst Electrolyte Drinks TheHealthBeat com

February 14th, 2019 - When you combine sodium benzoate and ascorbic acid you create benzene especially in the presence of heat and light common with storing citrus flavored soda in a warm garage Citric acid may act as a catalyst for this process in the presence of ascorbic acid

The Paleo Diet for Vegetarians Vegan Recipes amp Nutrition

October 12th, 2010 - "The Paleo diet for vegetarians". At first glance it seems like a contradiction in terms But the Paleo diet is by no means veggie friendly It's heavy on the protein and fat and as we'll see most of the common vegetarian sources of protein are off limits Does that mean you can't

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