B	I	N	G	O
soluble	BMR	Proteins	incomplete protein	complete protein
LDL	sodium	fiber	Carbohydrates	saturated
sucrose	Fats	**FREE**	Water	calorie
laxtose	cholesterol	frucose	Simple carbohydrates	complex carbohydrates
HDL	insoluble	Minerals	unsaturated	Ntrition

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B	I	N	G	O
sucrose	unsaturated	Carbohydrates	cholesterol	LDL
incomplete protein	calorie	Proteins	complex carbohydrates	Fats
Water	BMR	**FREE**	Simple carbohydrates	frucose
Ntrition	soluble	Minerals	laxtose	HDL
complete protein	Vitamins	saturated	fiber	sodium

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B	I	N	G	O
laxtose	Simple carbohydrates	sucrose	Ntrition	incomplete protein
insoluble	saturated	unsaturated	cholesterol	Fats
frucose	Carbohydrates	**FREE**	Water	Proteins
Vitamins	complete protein	HDL	BMR	soluble
sodium	fiber	calorie	complex carbohydrates	Minerals

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