

dr atkins vita nutrient pdf

Dr. Robert Coleman Atkins (October 17, 1930 – April 17, 2003) was an American physician and cardiologist, best known for the Atkins Diet, a fad diet that requires close control of carbohydrate consumption and emphasizes protein and fat as the primary sources of dietary calories in addition to a controlled number of carbohydrates from vegetables.

Robert Atkins (nutritionist) - Wikipedia

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