

Health in a capsule (Box springs)

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Location

Alabama

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QR Code Link to This Post I'm a mom of 5. I don't have time to go to a gym. I have tried work out plans and special diets—I struggled with weight loss for a long, long, long times. I decided to take a 90 day challenge taking two daily supplements twice a day and drank my indicated water. I have lost 25 pounds, 25.5 inches, 4 pant sizes. I still continue my supplements because I want to stay healthy. I'm looking for people that want change their lives. Better their health, lose weight! Who is ready to do another 90 days with me???



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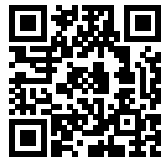
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