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0:00. 0:00. 0:00 / 8:36. Live. • In this post, I'll be reviewing examine's supplement goals reference guide, which is one of the most comprehensive resources on supplements out there. Stay tuned to see what I like about it what I don't like and if I think it's worth its price tag. Let's get started. As you probably

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(Elsbeth Vaino Rating): 9 DB. (Those of
you who are fitness junkies will appreciate
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As the name implies, it is a reference—something to be used when you want specific information. I'd recommend

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the Examine.com Supplement-Goals Reference Review without hesitation. It only costs \$40 for lifetime access—I'd say it is worth it for the amount of money and time you could save.

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Kidding aside, when I first heard of Examine.com's efforts of documenting and reading research on supplements, I cringed – the mere thought of sifting through thousands of documents and articles in order to decipher the “truth” about supplements is difficult to do, let alone imagining the amount of hours spent

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