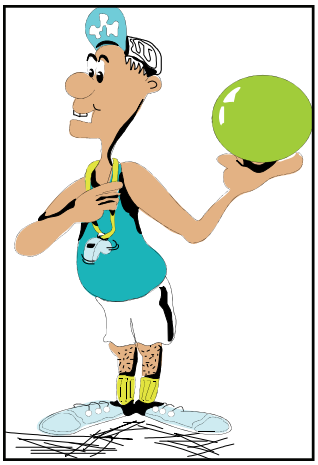
Lesson Eleven



Vitamins, Minerals, Enzymes, and Amino Acids