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### Foods that Prevent Osteoporosis

<https://loadingxloading.blogspot.com/2011/11/4-meals-that-prevent-osteoporosis.html>

Osteoporosis has become a threat to everyone. The threat is not only in old age, tetapo can also occur when at a young age. This is because the more people who do not maintain nutritional intake, especially foods that contain calcium to prevent Osteoporosis threat.

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