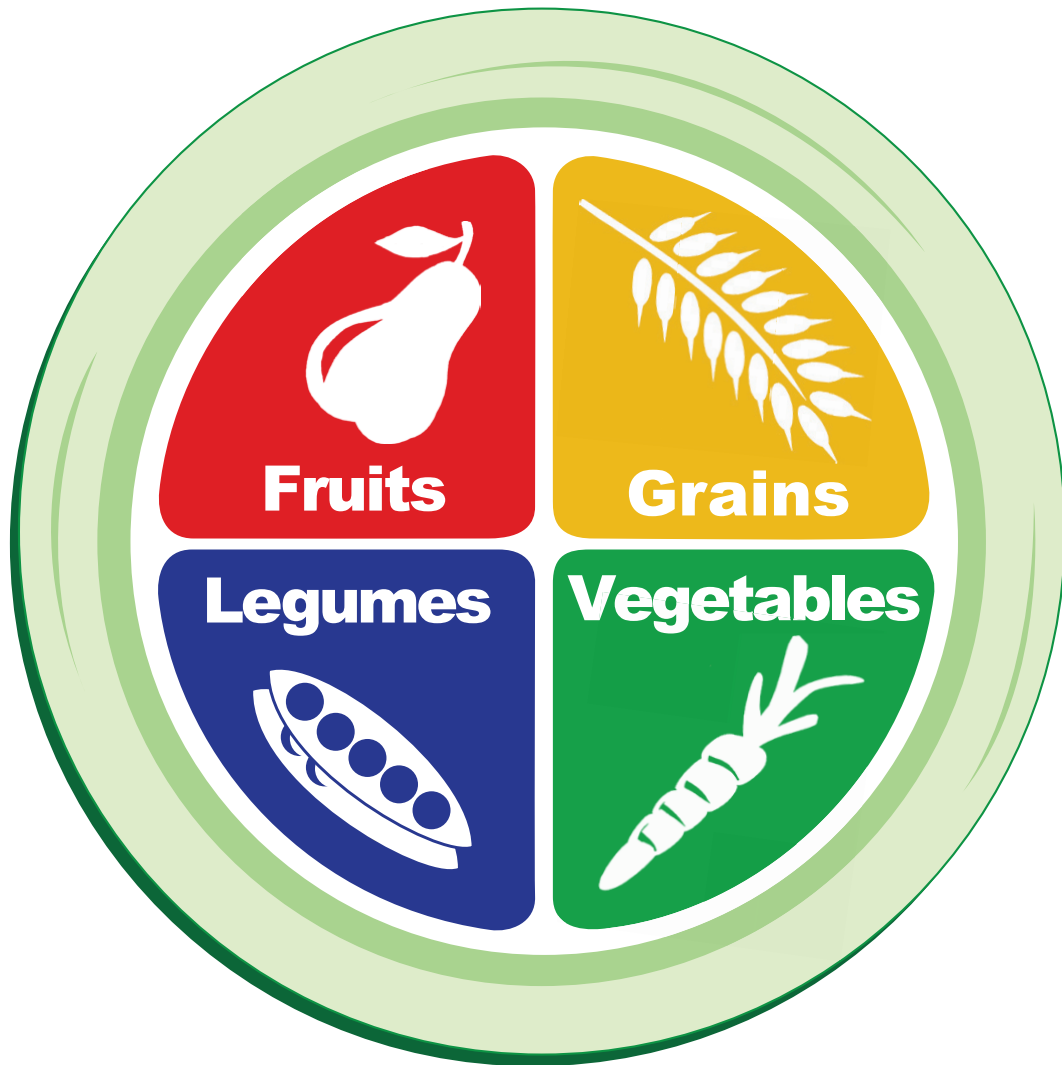


# Power Plate



These healthful food groups help you live longer, stay slimmer, and cut your risk of heart disease, diabetes, and high blood pressure.

Be sure to include a reliable source of vitamin B<sub>12</sub>, such as any common multiple vitamin or fortified foods.