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# **The Navy Seal Nutrition Guide**

Patricia A. Deuster



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## The Navy Seal Nutrition Guide

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The Navy Seal Nutrition Guide Patricia A. Deuster

By Patricia A. Deuster, et al. Prepared for the Navy's SEAL (Sea-Air-Land team) community. Designed to provide nutritional information for SEALs. Includes nutritional considerations for endurance activities, strength training, and exposure to heat and cold.

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