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1 min to read

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DHA

1. 2. 300

“ ” B 9 3 9 D 7 4,5

300

DHA		
DHA	(RDA)	mg
D	15	
	600	
	1,000	
	220	
	27	6
	200	7

1. 2. 3. 4. 5. 6. 7. 8.

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1. DHA

11

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