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alexanderkopacz  As we slowly fall 🍂 into winter ❄️, alot of us have been getting used to the home office life. This doesn't mean you have to stop taking care of your nutrition! Two of my favorite @usanainc products are the coquinone and proglucamune (Swipe to see). Between these two it helps my joint and tendon health as well as metabolism to fight the harsh conditions of resisting the urge to watch TV from the "office" :) even champions have their vices 😜

Pro tip: go outside as often as you can!



Stay healthy my friends !



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PS a great tool to my home office is

[@jabra](#)

Headphones, I love using the elite 75t for calls on the go!

Check out [@karlbateson](#) for more

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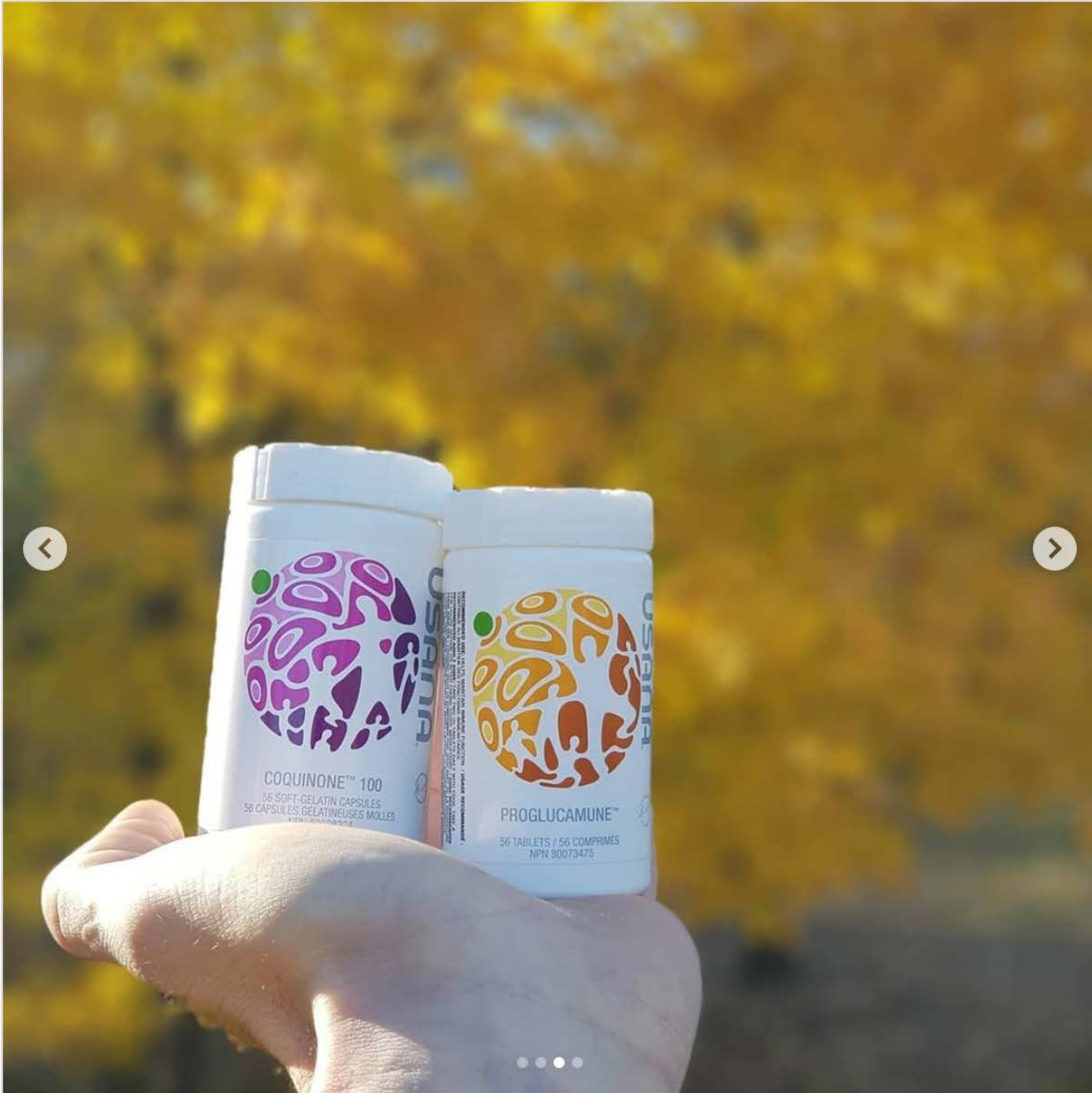
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