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Toronto, Ontario



pedlowsamuel Kicking off 2021 the right way with [@usanainc](#)! Once we have to move training indoors and are no longer in the sun, I am always sure to start supplementing with Vitamin D daily. This offseason I have also added in Poly C to help enhance my bodies natural defence mechanisms against any potential sickness. Let's me know if these two key vitamins are a part of your daily routine!

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