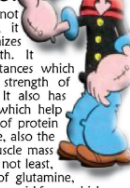


Muscles like Popeye?

Written by

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Spinach is not only healthy, it also optimizes muscle growth. It contains substances which enhance the strength of our muscles. It also has components which help the synthesis of protein and, therefore, also the growth of muscle mass – and last but not least, it has a lot of glutamine, the main amino acid from which our muscles are built.

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