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Six-sided phytic acid molecule with a phosphorus atom in each arm. PHYTATES IN FOOD. Phytic acid is present in beans, seeds, nuts, grains—especially in the bran or outer hull; phytates are also found in tubers, and trace amounts occur in certain fruits and vegetables like berries and green beans.

[Living With Phytic Acid - The Weston A. Price Foundation](#)

3,017 Likes, 39 Comments - William & Mary (@william_and_mary) on Instagram: "Move-In looks a little different this year, and we know there are mixed

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A vegetarian or vegan diet can provide enough protein for adequate nutrition. In fact, typical protein intakes of ovo-lacto vegetarians and vegans meet or exceed requirements. However, a vegan diet does require supplementation of vitamin B 12. Swallowed chewing gum does not take seven years to digest. In fact, chewing gum is mostly indigestible ...

[List of common misconceptions - Wikipedia](#)

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