not sure of your question regarding the shakes, you can use them to replace a meal, as a snack, or some are good for post workout use

regardless, whether there is a definitive answer or not, inconclusive results is enough reason for concern, as even the idea of using a carcinogenic product is frightening.

i've taken every thing from oxycontin, morphine, diladid, heroin, hydrocodone, fentanol; and i still prefer the high of subutex

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