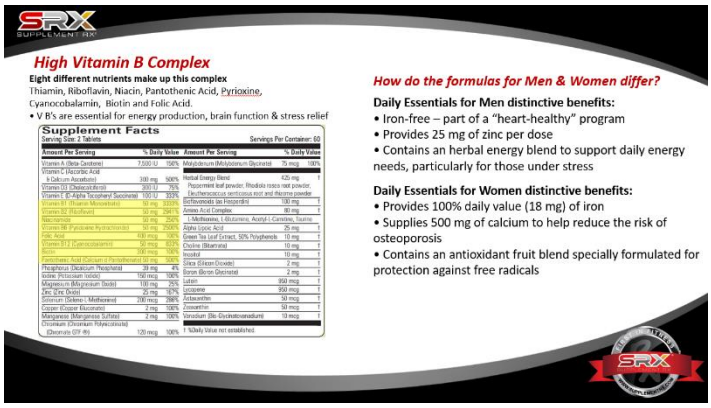Why Multi-Vitamin? Exercise & Nutritional Shortages