




# MIS AMIGOS

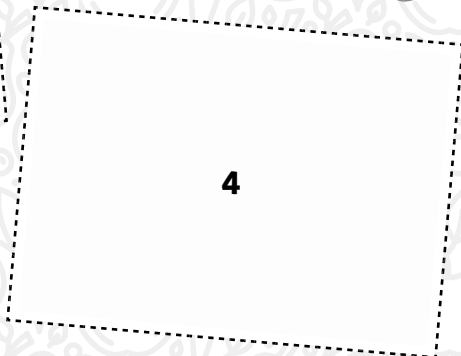
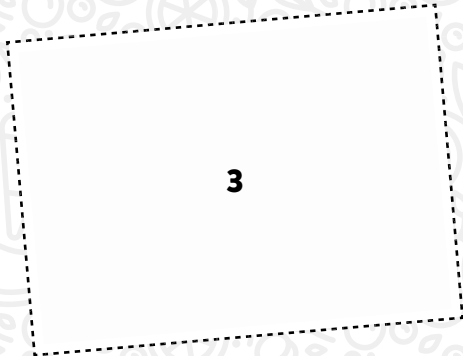
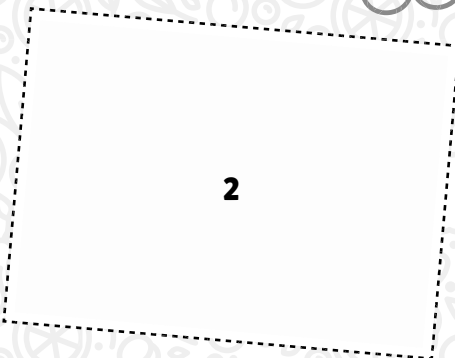
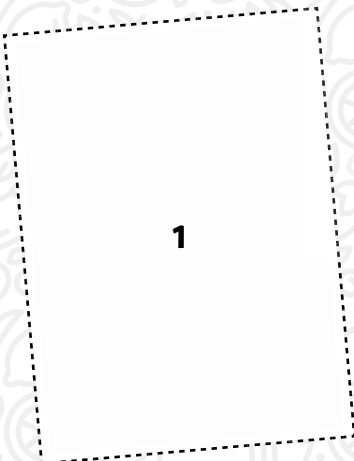
ÁLBUM DE FIGURITAS

Me llamo: .....  
Vivo en: .....  
Mi edad es: .....

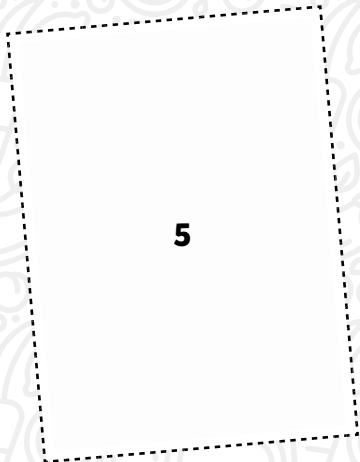


 @revistamisamigos  
 @revmisamigos  
 revistamisamigos.com

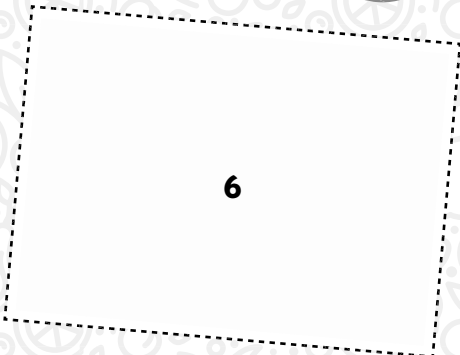
**¡Dios creó las  
frutas y las  
verduras en el  
tercer día de la  
semana de  
la creación!**



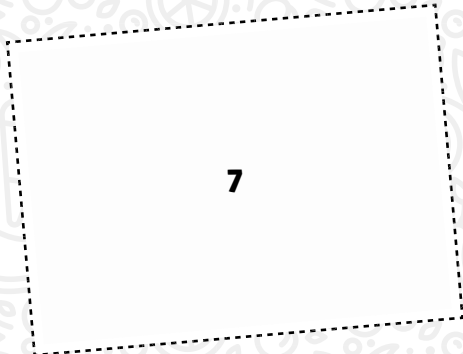
**iLarga  
juventud con  
la vitamina C!**



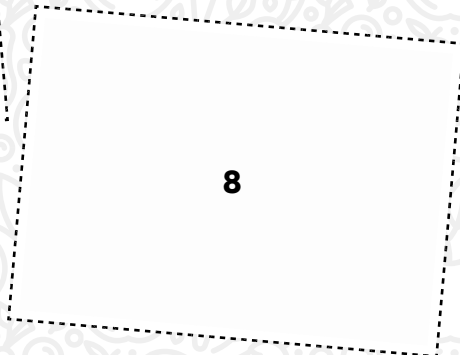
5



6



7

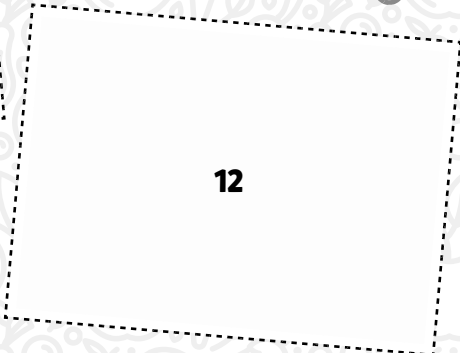
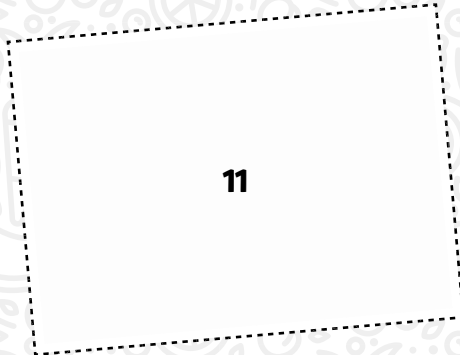
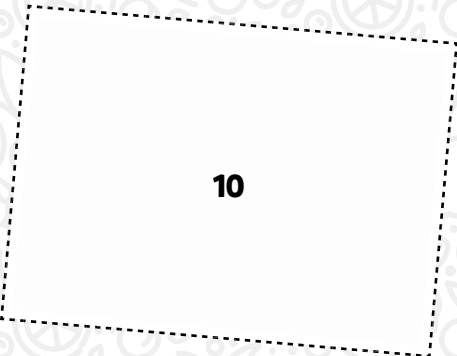
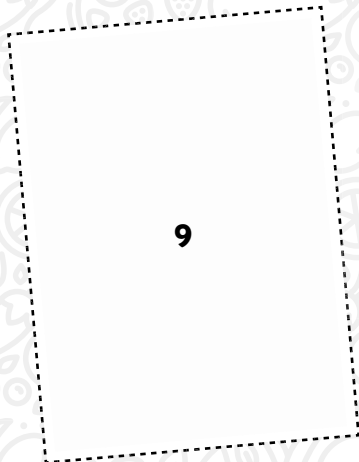


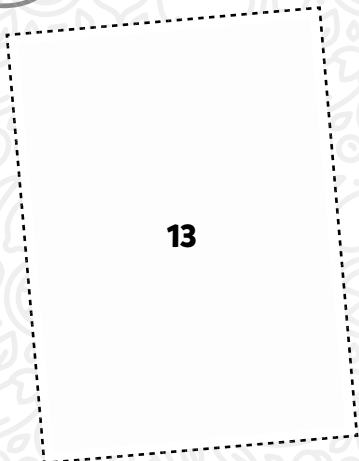
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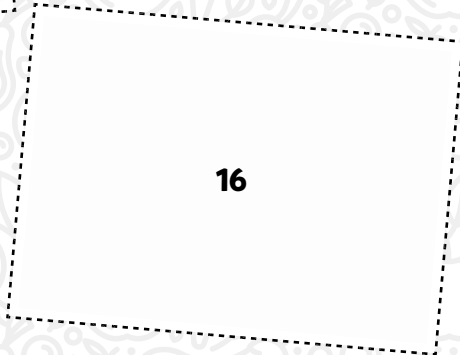
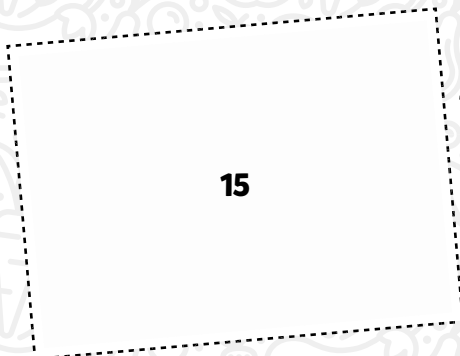
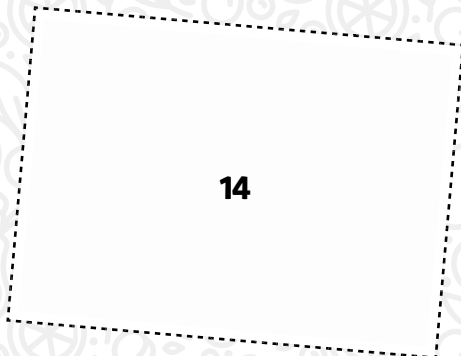
pukao, Maks Narodenka, Dionisvera/Shutterstock

**iProtege  
tu sistema  
inmunitario con  
la vitamina E!**



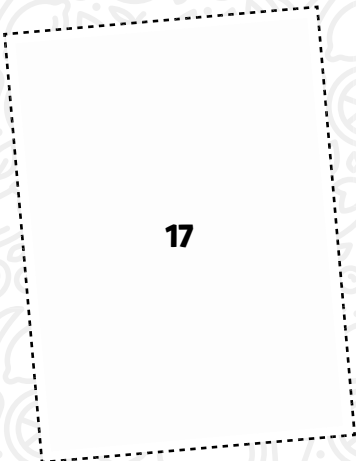


**¡Buena  
coagulación  
de la sangre  
con la  
vitamina K!**

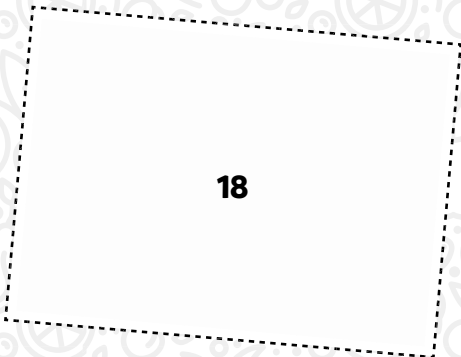


**16**

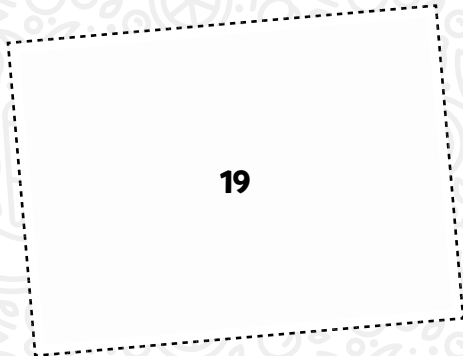
**iProtege  
tus huesos y  
tu piel con  
la vitamina A!**



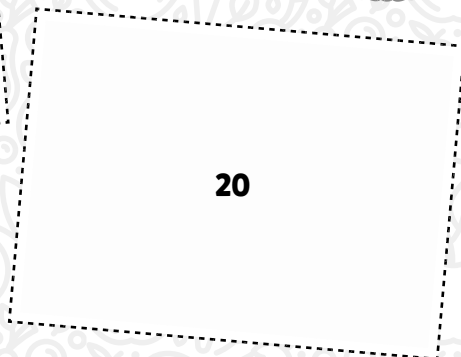
17



18



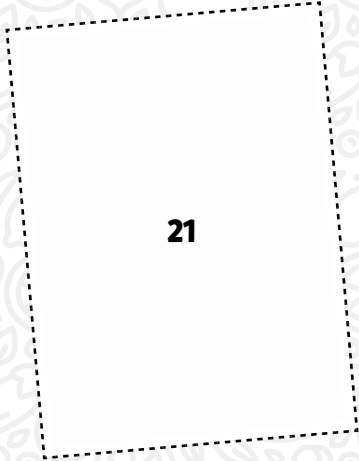
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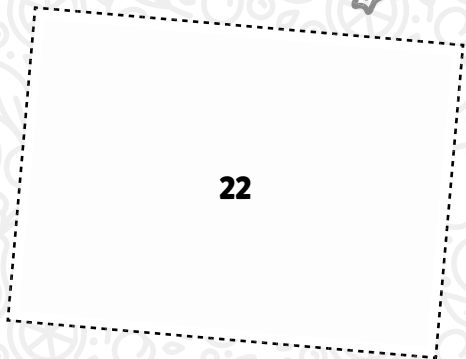
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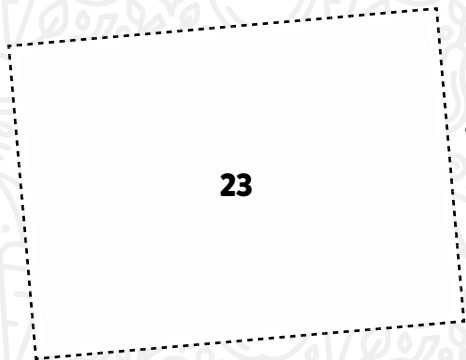
**¡Dientes sanos  
y fuertes con  
el calcio!**



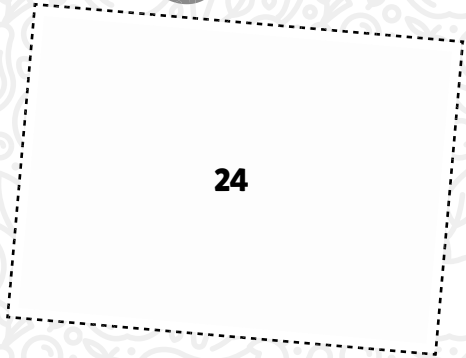
21



22



23



24



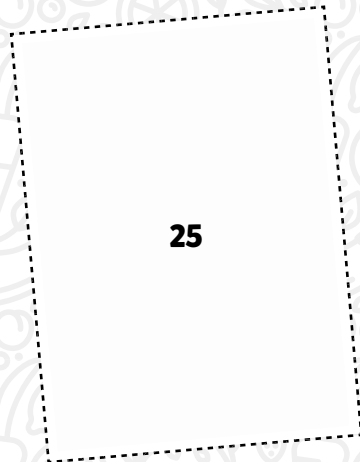
PEGA AQUÍ

Tim UR, Natalia K, Tiger Images/Shutterstock

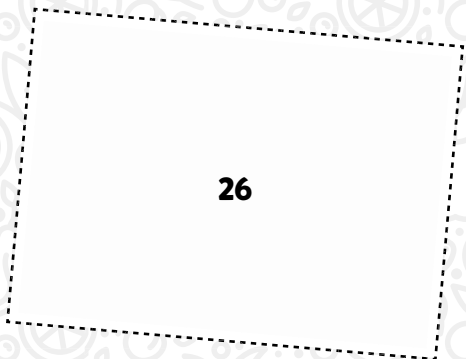
PEGA AQUÍ



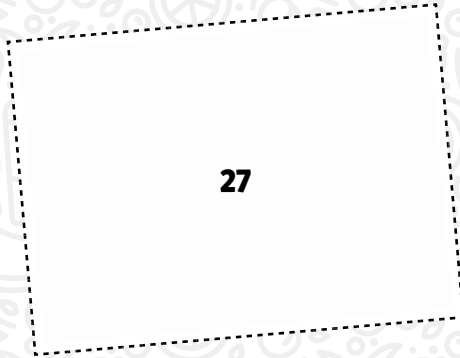
**¡Huesos fuertes con el fósforo!**



**25**



**26**



**27**

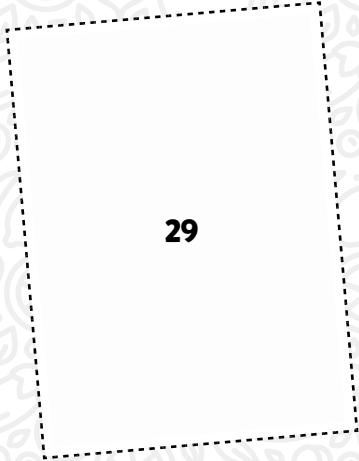


**28**

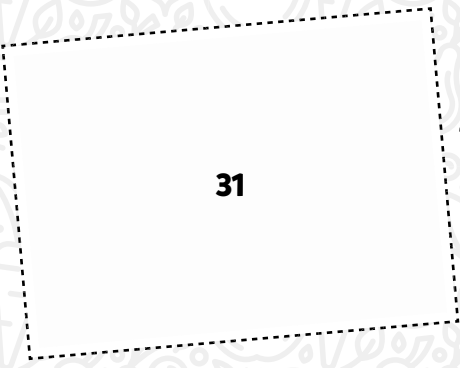




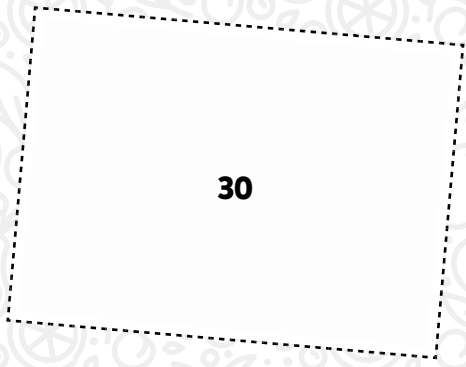
**¡Buena sangre con el hierro!**



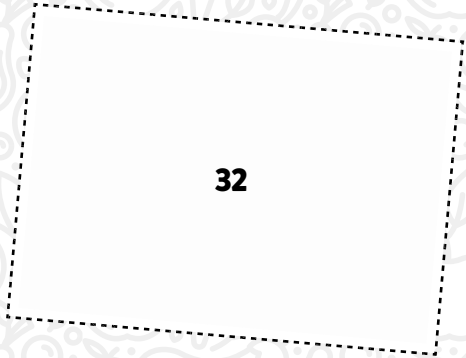
29



31



30



32





**iCuidando  
el corazón!**



**33**

**34**



**35**



**36**