

# Postgraduate Certificate

## Pharmaceutical Nutritional Counseling in Different Pathologies





## Postgraduate Certificate

### Pharmaceutical Nutritional Counseling in Different Pathologies

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 14 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/pharmacy/postgraduate-certificate/pharmaceutical-nutritional-counseling-different-pathologies](http://www.techtute.com/us/pharmacy/postgraduate-certificate/pharmaceutical-nutritional-counseling-different-pathologies)

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01

# Introduction

Nowadays, in most of the surrounding developed countries, community pharmacy is evolving towards the provision of pharmaceutical services, as the pharmaceutical profession has evolved in recent years towards a more patient-centered care profession.





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*The Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies contains the most complete and up-to-date scientific program on the market”*



There is no doubt that this transformation is a consequence of Community Pharmacy adapting to a changing society, where public health has reached high levels of control and safety, facing new challenges for which the pharmacist, the health agent and the community pharmacy are resources that are close and accessible to the user.

One of these services is related to the field of Nutrition and to developing dietary recommendations. There is now ample evidence on the importance of adequate nutrition for the prevention and/or treatment of chronic diseases, such as cardiovascular diseases, type 2 diabetes mellitus and cancer, among others, and this, together with the increasing number of nutritional supplements available to users, makes it vitally important that community pharmacists have the necessary skills to dispense and advise on these products in an appropriate manner, provide good nutritional advice and know when to refer to the appropriate professional when necessary. Although traditionally several subjects related to bromatology, nutrition, food and food hygiene have been taught in the bachelor's degree, now diploma in pharmacy, there is a need for more specific qualifications that will enable the user to receive advice on the food products dispensed in the pharmacy, as well as on their interaction with medications.

For this reason, it is necessary to design and provide scientific and professional theoretical and practical training in nutrition under the auspices of the university.

This Postgraduate Certificate works on various current concepts in nutrition, not only susceptible to be used in the daily work of a community pharmacist, but also prepares you to be able to implement a nutritional counseling service in your pharmacy and enables you to carry out nutritional campaigns in other areas of population education.

This **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ◆ Development of more than 75 clinical cases presented by experts in Pharmaceutical Nutritional Counseling in Different Pathologies
- ◆ The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Diagnostic and therapeutic novelties on evaluation, diagnosis and intervention in Nutritional Counseling Services in Community Pharmacy
- ◆ It contains practical exercises where the self-assessment process can be carried out to improve learning
- ◆ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ◆ With special emphasis on evidence-based medicine and research methodologies in Pharmaceutical Nutritional Counseling in Different Pathologies
- ◆ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Improve your knowledge through the Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies, in a practical way and adapted to your needs"*

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*This Postgraduate Certificate may be the best investment you can make in the selection of a professional program for two reasons: in addition to upgrading your knowledge in Pharmaceutical Nutritional Counseling in Different Pathologies, you will obtain a diploma from TECH Global University”*

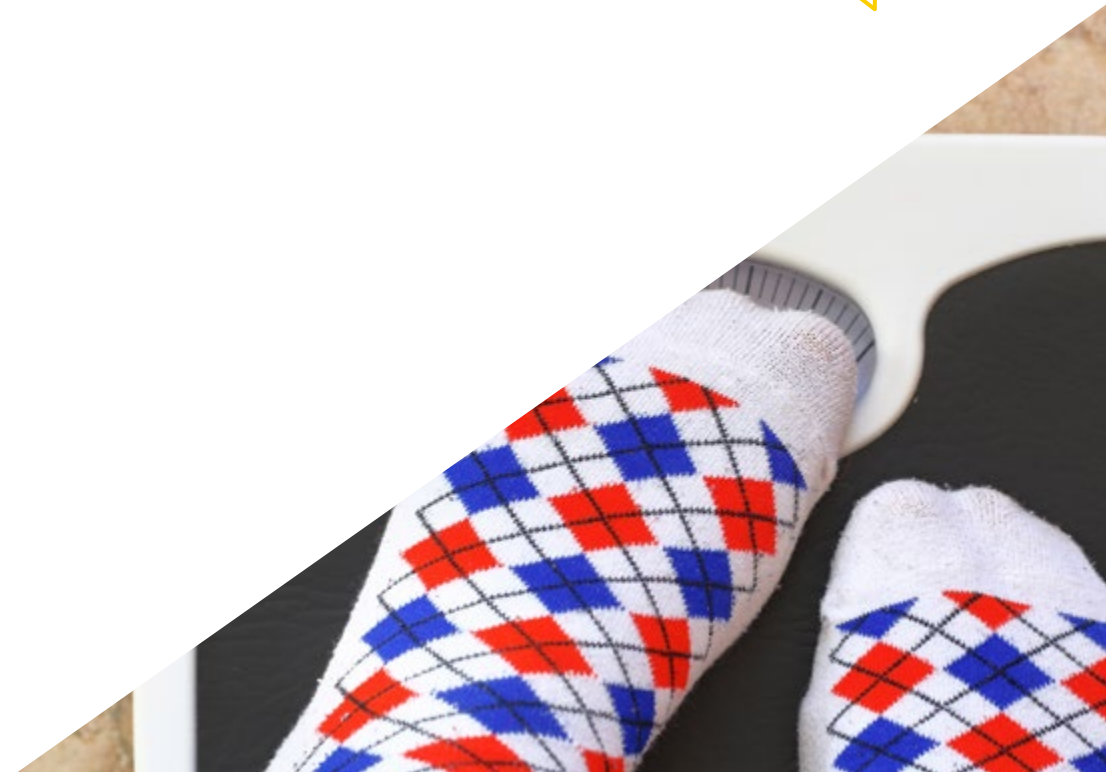
It includes in its teaching staff professionals belonging to the field of Pharmaceutical Nutritional Counseling in different pathologies who pour into this course the experience of their work, in addition to recognized specialists belonging to scientific societies of reference.

Thanks to its multimedia content developed with the latest educational technology, they will allow the professional a situated and contextual learning, that is to say, a simulated environment that will provide an immersive learning programmed to prepare in real situations.

The design of this program is based on problem-based learning, by means of which the health professional must try to solve the different professional practice situations that arise throughout the program. To do so, the professional will have the help of an innovative system of interactive videos made by recognized experts in the field of Community Pharmacy.

*Increase your decision-making confidence by updating your knowledge through this Postgraduate Certificate.*

*Take the opportunity to update your knowledge in Pharmaceutical Nutritional Counseling in Different Pathologies and improve the care of your patients.*



# 02 Objectives

This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies is oriented to offer a complete, detailed and up-to-date vision of the Pharmaceutical Nutritional Counseling as a key element in the attention and follow-up of the client.





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*This Postgraduate Certificate is oriented so that you can improve your knowledge in Pharmaceutical Nutritional Counseling in Different Pathologies, with the use of the latest educational technology, to contribute with quality and security to the decision making process in the implementation of professional pharmaceutical services”*



## General Objectives

- ♦ Have the necessary knowledge to provide professional pharmaceutical services in the field of nutrition
- ♦ Update the community pharmacist's nutrition knowledge
- ♦ Promote nutritional Counseling strategies in community pharmacy based on patient and user approach
- ♦ Advise patients and users on foods, supplements and nutritional supplements dispensed at community pharmacies
- ♦ Encourage the acquisition of skills, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific skills
- ♦ Encourage professional stimulation through continuous education and research



*Take the opportunity and take the step to get up to date on the latest developments in Pharmaceutical Nutritional Counseling in Different Pathologies”*





## Specific Objectives

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- ◆ Acquire the knowledge to be able to provide adequate nutritional advice for different pathologies
- ◆ Recall the basic concepts of Anatomy and Physiology of the musculoskeletal system
- ◆ Study the physiopathology and aetiopathogenesis of the different pathologies related to the musculoskeletal system
- ◆ Recognise nutritional deficits in these pathologies
- ◆ Analyse the different nutritional supplements that can be used for these pathologies in community pharmacies
- ◆ Be familiar with the basic concepts of the anatomy and physiology of the Cardiovascular and Hematopoietic Progenitor Cells apparatus
- ◆ Study the physiopathology and aetiopathogenesis of the different pathologies related to this system
- ◆ Be familiar with the basic concepts of anatomy and physiology of the renal and urinary system
- ◆ Study the physiopathology and aetiopathogenesis of the different pathologies related to the renal and urinary system
- ◆ Be familiar with the basic concepts of the anatomy and physiology of the digestive system
- ◆ Study the physiopathology and aetiopathogenesis of the different pathologies related to the digestive system. Obesity and Overweight
- ◆ Recognising nutritional deficits associated with diarrhoea and constipation
- ◆ Recognising nutritional deficits associated with diabetes
- ◆ Recognise nutritional deficits associated with hypercholesterolaemia



03

# Course Management

The program includes renowned specialists in Community Pharmacy among its teaching staff, who bring their work experience to this training. In addition, other specialists of recognized prestige participate in its design and elaboration, completing the program in an interdisciplinary manner.



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*Learn from reference professionals, the latest advances in Pharmaceutical Nutritional Counseling in Different Pathologies”*



## Management



### Ms. Rodríguez Sampedro, Ana

- ♦ Community Pharmacist
- ♦ Coordinator of the SEFAC nutrition and digestive group
- ♦ Master's Degree in Nutrition and Dietetics
- ♦ Degree in Pharmacy
- ♦ Postgraduate Degree in Nutrition, Dietetics and Diet Therapy
- ♦ University ExperT in Education and Promotion of Health
- ♦ Co-author of "Guidelines and consensus documents Probiotics and prebiotics in community pharmacy SEFAC-SEPYP"

## Professors

### Mr. Sánchez, José Ángel

- ♦ Community Pharmacist

### Ms. Sánchez Martínez, Carlota

- ♦ Physiotherapist and Osteopath

### Dr. Ferrerio Gómez, Guiomar Luz

- ♦ Graduate in Medicine

### Dr. Fornos Pérez, José Antonio

- ♦ Technical Director of Laboratorio Fornos Pharmacy
- ♦ Analyst of Fornos Pharmacy Laboratory
- ♦ Corresponding Academic of the Royal Academy of Pharmacy of Galicia
- ♦ PhD in Pharmacy from the University of Vigo
- ♦ Degree in Pharmacy by the University of Santiago de Compostela
- ♦ Degree in Food Science and Technology from the University of Vigo
- ♦ Master's Degree in Pharmacotherapy, University of Barcelona

**Mr. Montero González, Marcos Daniel**

- ◆ Degree in Medicine
- ◆ Second Year Internal Medicine Resident. CHUF Ferrol

**Ms. Pellón Olmedo, María**

- ◆ Community Pharmacist

**Ms. Baldó Gisbert, Alicia**

- ◆ Pharmacist Nutrition Expert
- ◆ Founding Director of NutriPharm
- ◆ Pharmacist at Pi Roig Pharmacy
- ◆ Pharmacist in Margarita Quintero Pharmacy
- ◆ Pharmacist at Jorge Boronat Cortés
- ◆ Degree in Pharmacy from the University of Valencia
- ◆ Master in Nutrition and Health by the UOC

**Mr. Eiras Espiño, Abel**

- ◆ Community Pharmacist
- ◆ Graduate in Pharmacy

**Dr. Fornos Pérez, José Antonio**

- ◆ Technical Director of Laboratorio Fornos Pharmacy
- ◆ Analyst of Fornos Pharmacy Laboratory
- ◆ Corresponding Academic of the Royal Academy of Pharmacy of Galicia
- ◆ PhD in Pharmacy from the University of Vigo
- ◆ Degree in Pharmacy by the University of Santiago de Compostela
- ◆ Degree in Food Science and Technology from the University of Vigo
- ◆ Master's Degree in Pharmacotherapy, University of Barcelona

**Ms. Fortunez Garea, Cristina**

- ♦ Assistant Pharmacist in Pharmacy M<sup>a</sup> Pilar Amo Dobarro
- ♦ Pharmacist in Pharmacy M<sup>a</sup> Teresa Lema Espasandín
- ♦ Pharmacy of M<sup>a</sup> Angel Ruiz de Gordejuela Quindos
- ♦ Pharmacy of Ignacio Ecenarro Tomé
- ♦ Pharmacy of the Community of Heirs of Olga Victorero
- ♦ Degree in Pharmacy, University of Santiago de Compostela

**Mr. García Moreno, Luis**

- ♦ Community Pharmacist
- ♦ Pharmacist at García Moreno Pharmacy in MUNERA
- ♦ Pharmacist and Account Executive at ENELife
- ♦ President of the Spanish Society of Family and Community Pharmacists
- ♦ Degree in Pharmacy from the University of Granada
- ♦ Higher Technician in Orthopedics and Technical Aids, Complutense University of Madrid
- ♦ Diploma in Nutrition and Dietetics from the Catholic University of San Antonio de Murcia

**Mr. García Vivanco, Pablo**

- ♦ Community Pharmacist expert in Nutrition
- ♦ Manager of Prieto Vivanco Pharmacy
- ♦ Orthopedics Manager. PRIETO-VIVANCO Pharmacy
- ♦ Pharmacy and Optics, Ecological. University of Santiago de Compostela
- ♦ Degree in Pharmacy, Diploma in Optics University of Santiago de Compostela
- ♦ Master in Diet Therapy

**Ms. Gayá Mascaró, Carmen**

- ♦ Community Pharmacist in Pharmacy Llull
- ♦ Degree in Pharmacy Assistance and Clinical Analysis from the University of Barcelona
- ♦ Degree in Human Nutrition and Dietetics from the International University Isabel I of Castille
- ♦ Member of Spanish Society of Clinical, Family and Community Pharmacy

**Dr. Llul Vila, Rosa**

- ♦ Community Pharmacist
- ♦ PhD in Human Nutrition from the University of the Balearic Islands
- ♦ Graduate in Pharmacy from the University of Barcelona
- ♦ Diploma in Human Nutrition and Dietetics by the **Blanquera** University
- ♦ Master's Degree in Pharmaceutical Attention
- ♦ President of SEFAC Illes Balears

**Ms. Martínez Soto, Portal**

- ♦ Pharmacist in Portal Martínez
- ♦ Pharmacist at the service of dietetic consultation and dermatology
- ♦ Community Pharmacist
- ♦ Degree in Pharmacy

**Ms. Martínez Menéndez, Alicia**

- ♦ Specialist in Community Pharmacy
- ♦ Degree in Pharmacy

**Ms. Mera Gallego, Inés**

- ♦ Community Pharmacy Specialist
- ♦ Community pharmacist in Maella, Zaragoza
- ♦ Coordinator of the SEFAC Diabetes working group
- ♦ Degree in Pharmacy
- ♦ Graduate in Nutrition and Dietetics
- ♦ Member of the SEFAC HTA RV Working Group

**Ms. Mera Gallego, Inés**

- ♦ Community Pharmacist and Researcher
- ♦ Community Pharmacist in Vigo
- ♦ Researcher of the Berbés Group for Research and Teaching in Pharmaceutical Care
- ♦ Researcher and author (Index H: 1)
- ♦ Degree in Pharmacy, University of Santiago de Compostela
- ♦ Member of: Official College of Pharmacists of Pontevedra, Spanish Society of Clinical, Family and Community Pharmacy (SEFAC), SEFAC Diabetes and Nutrition Working Group

**Ms. Pérez Hoyos, Elena**

- ♦ Family and Community Pharmacist
- ♦ Member of the Board of Directors of the Spanish Society of Clinical, Family and Community Pharmacy
- ♦ Graduate in Food Science and Technologies
- ♦ Degree in Human Nutrition and Dietetics
- ♦ Member of: Coordinator of the SEFAC nutrition and digestive group

**Ms. Pontes Torrado, Yolanda**

- ♦ Pharmacist and nutritionist at the Yolanda Pontes Pharmacy
- ♦ Teacher and disseminator at Workshop Microcaya
- ♦ Degree in Nutrition from the University San Pablo CEU
- ♦ Graduate in Pharmacy from the Complutense University of Madrid
- ♦ Master's Degree in Pharmaceutical Care and Welfare Pharmacy from the University of Seville
- ♦ Master's Degree in Emerging Therapies from CEMEFAR Formation



*A unique, key, and decisive academic experience to boost your professional development”*

04

# Structure and Content

The structure of the contents has been designed by a team of professionals from the best research centers and universities of the national territory, aware of the relevance of the current relevance of teaching the use of medicines with safety and a solid scientific base based on evidence, and committed to quality education through new educational technologies.







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*This Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies contains the most complete and up-to-date program in the market”*

## Module 1. Nutritional Counseling for Different Pathologies

- 1.1. Basic Concepts of the Anatomy and Physiology of the Musculoskeletal System
- 1.2. Pathophysiology and Etiopathogenesis of Osteoporosis, Arthritis, Osteoarthritis and Fibromyalgia
- 1.3. Nutritional Objectives
- 1.4. Nutritional Supplementation and complement from the Community Pharmacy
- 1.5. Hygienic and Sanitary Measures
- 1.6. Basic Concepts of Anatomy and Physiology of the Cardiovascular and Hematopoietic System
- 1.7. Pathophysiology and Etiopathogenesis of Hypertension and Anemia
- 1.8. Nutritional Objectives
- 1.9. Nutritional supplementation and complementation from the community pharmacy
- 1.10. Hygienic and Sanitary Measures
- 1.11. Basic Concepts of the Anatomy and Physiology of the Renal and Urinary System
- 1.12. Pathophysiology and Etiopathogenesis of Gout and Renal Lithiasis
- 1.13. Nutritional Objectives
- 1.14. Nutritional supplementation and complementation from community pharmacy
- 1.15. Hygienic and Sanitary Measures
- 1.16. Basic Concepts of the Anatomy and Physiology of the Digestive System
- 1.17. Pathophysiology and Etiopathogenesis of Obesity and Overweight
- 1.18. Nutritional Objectives
- 1.19. Nutritional Supplementation from the Community Pharmacy
- 1.20. Hygienic and Dietary Measures
- 1.21. Pathophysiology and Etiopathogenesis of Diarrhea and Constipation
- 1.22. Nutritional Objectives
- 1.23. Nutritional Supplementation from the Community Pharmacy
- 1.24. Hygienic and Sanitary Measures
- 1.25. Pathophysiology and Etiopathogenesis of Diabetes
- 1.26. Nutritional Objectives





- 1.27. Nutritional Supplementation from the Community Pharmacy
- 1.28. Hygienic and Sanitary Measures
- 1.29. Pathophysiology and Etiopathogenesis of Hypercholesterolemia
- 1.30. Nutritional Objectives
- 1.31. Nutritional supplementation and complementation from the community pharmacy
- 1.32. Hygienic and Sanitary Measures
- 1.33. Anatomy and Physiology of the Endocrine System
- 1.34. Pathophysiology and Etiopathogenesis of the Endocrine System
- 1.35. Nutritional Objectives
- 1.36. Nutritional supplementation and complementation from the community pharmacy
- 1.37. Hygienic and Sanitary Measures

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*A unique, key, and decisive experience to boost your professional development”*



05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





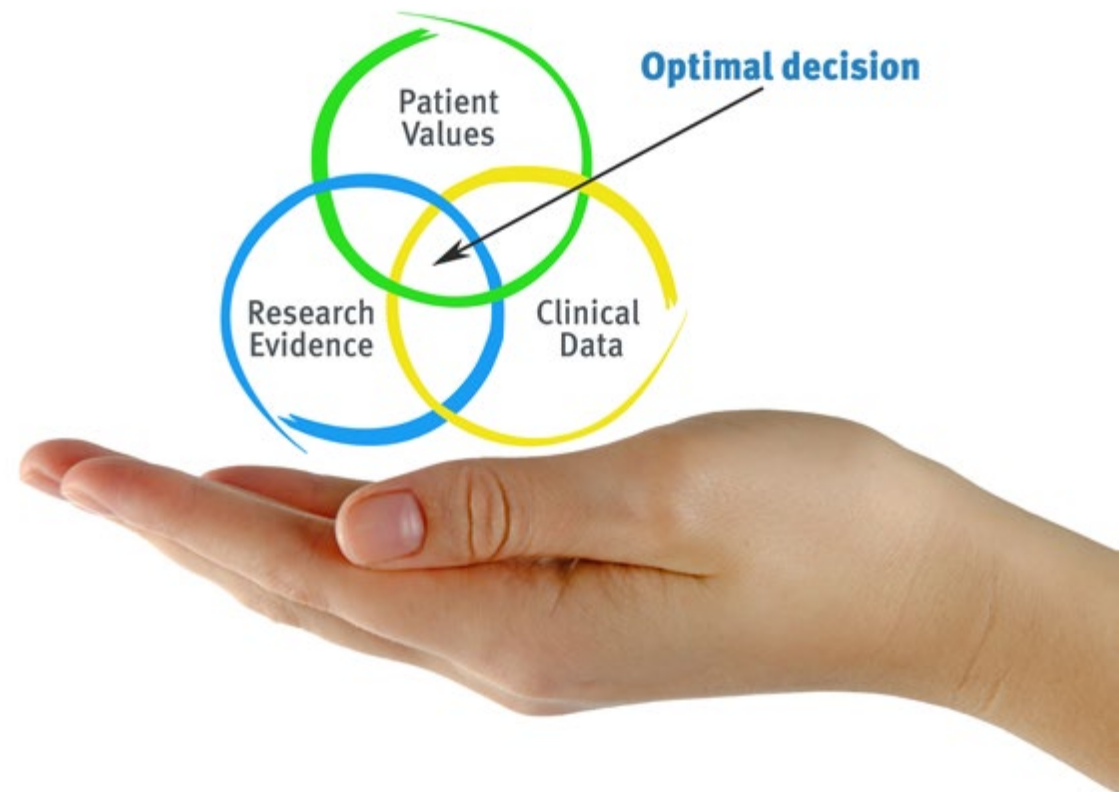
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, attempting to recreate the actual conditions in a pharmacist's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

*Pharmacists will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Pharmaceutical Nutritional Counseling in Different Pathologies**

Modality: **online**

Duration: **12 weeks**

Accreditation: **14 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Certificate**  
Pharmaceutical  
Nutritional Counseling  
in Different Pathologies

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 14 ECTS
- » Schedule: at your own pace
- » Exams: online



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## Pharmaceutical Nutritional Counseling in Different Pathologies