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(54) Title: METHODS OF ATTENUATING THE LOSS OF FUNCTIONAL STATUS

(57) Abstract: Nutritional compositions and methods of using the nutritional compositions with exercise to attenuate the loss of functional status are provided. In a general embodiment, the present disclosure provides a nutritional composition including whey protein, and Vitamin D. The nutritional composition and exercise can be specifically used to attenuate the loss of functional status, especially in the elderly.



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