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**DR. LEAH KAYLOR, PhD, MSCP**  
The FBI's Sleep Expert

# Sleep Optimization Ebook

**K Morrison**



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hydrogens that share a charge of 1 the polyatomic ions remain intact and parentheses may be required when using subscripts for example ammonium chloride is  $\text{NH}_4\text{Cl}$  and ammonium sulfide is  $\text{NH}_4\text{S}$

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