

# TIAGO CARREIRA



HEIGHT 186 | CHEST 98 | WAIST 83 | HIPS 96 | HAIR BROWN | EYES BLUE | SHOES 43

kult  
GERMANY



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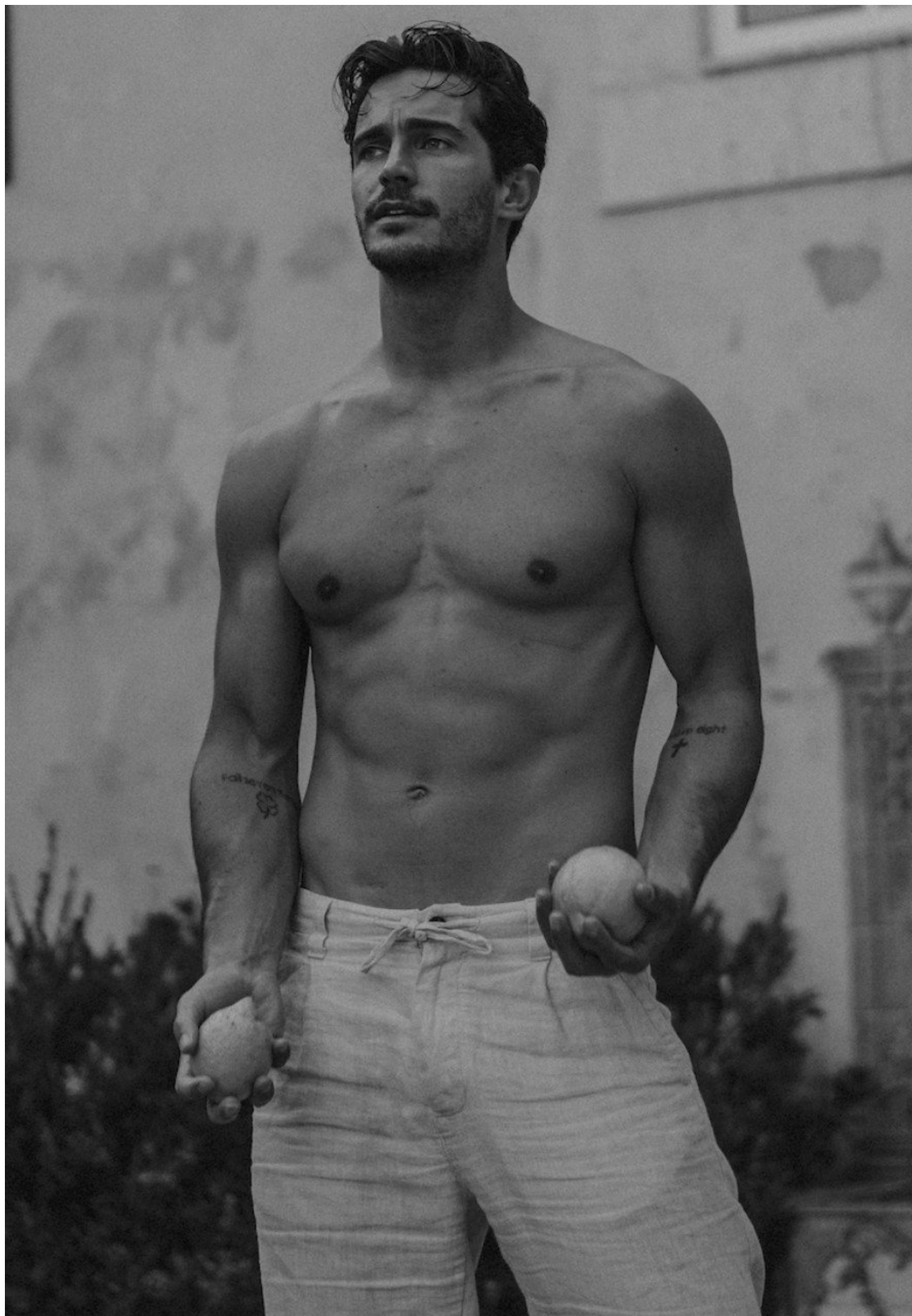
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# Men's Health

100%  
UTIL

**MENOS  
5 KG  
ESTE MÊS**

temos o plano  
que precisa

**CONSIGA  
UM CORPO  
DE CAPA**

**O fim da  
calvície**

156

**ASSÉDIO  
DOS HOMENS**  
TUDO NA PÁG. 84

**Refeições  
saudáveis  
em 10 minutos  
no microondas**



00290 157820  
R\$02018 PVP CONTINENTE 3.60€

**EDIÇÃO  
ESPECIAL**

**200**

☒ **FI**

21 receitas  
de proteínas

☒ **SEXO**

200 mulheres  
falam de prazer

☒ **NOVOS  
PAIS**

Os desafios da  
paternidade

NA CAPA  
**Tiago  
Carreira**

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L'OFFICIEL  
BALTIC  
AMT

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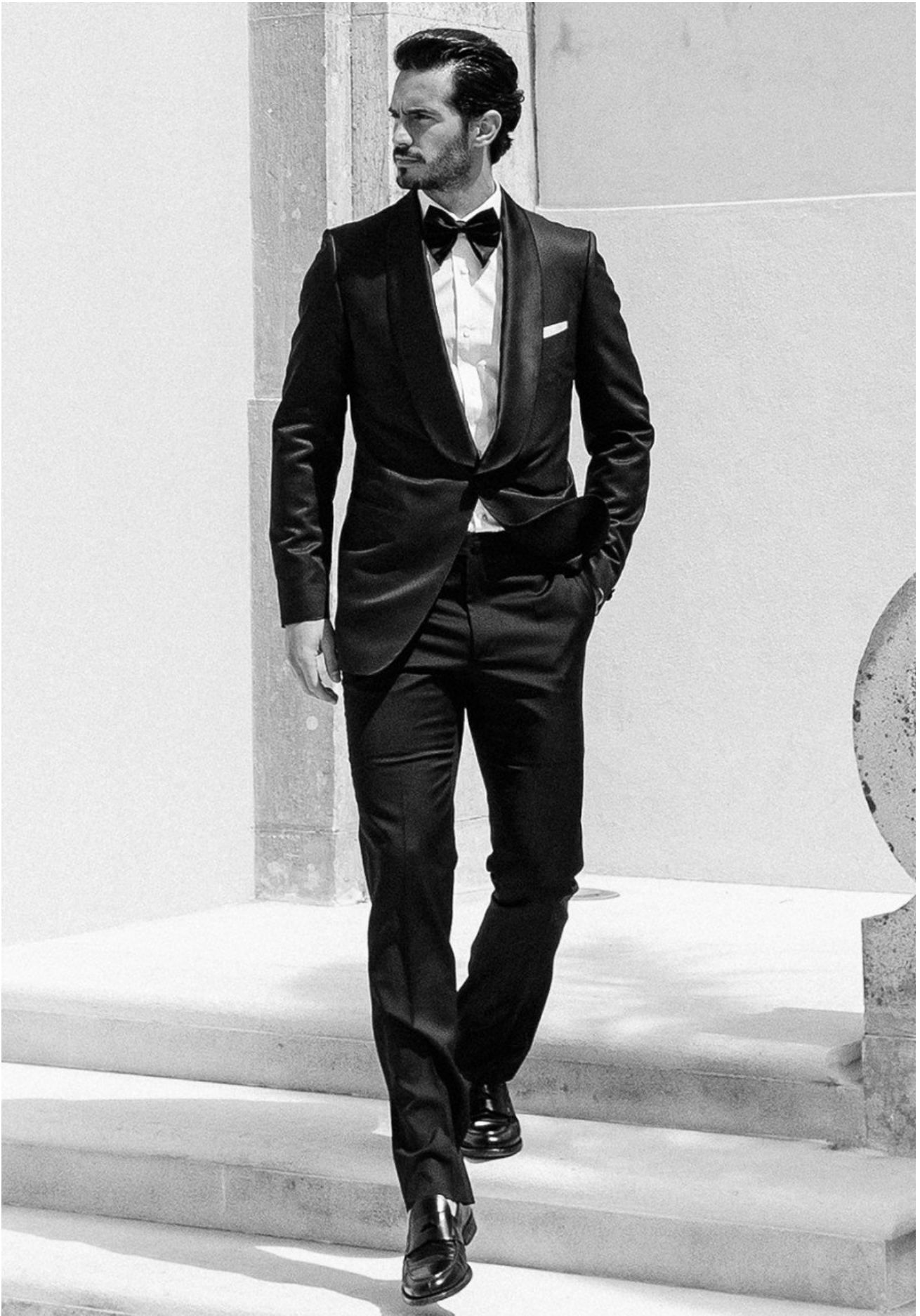


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