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Sam Kramer (MS, RD/LDN, CSSGB, CISSN) is the Director of Product Innovation & Nutrition Science at International Vitamin Corporation. He has also been the Manager of Product Innovation for The Kroger Co. and Vitacost.com. Sam earned his MS degree in Exercise Physiology and completed his dietetic internship at Florida State University and earned his BS degree in Nutrition Science at Rutgers University (graduating Summa Cum Laude). He is also a Certified Sports Nutritionist and Certified Six Sigma Green Belt. Sam lives in Greenville, SC and enjoys long-distance rowing, performing improv comedy, and rock climbing in the upstate.