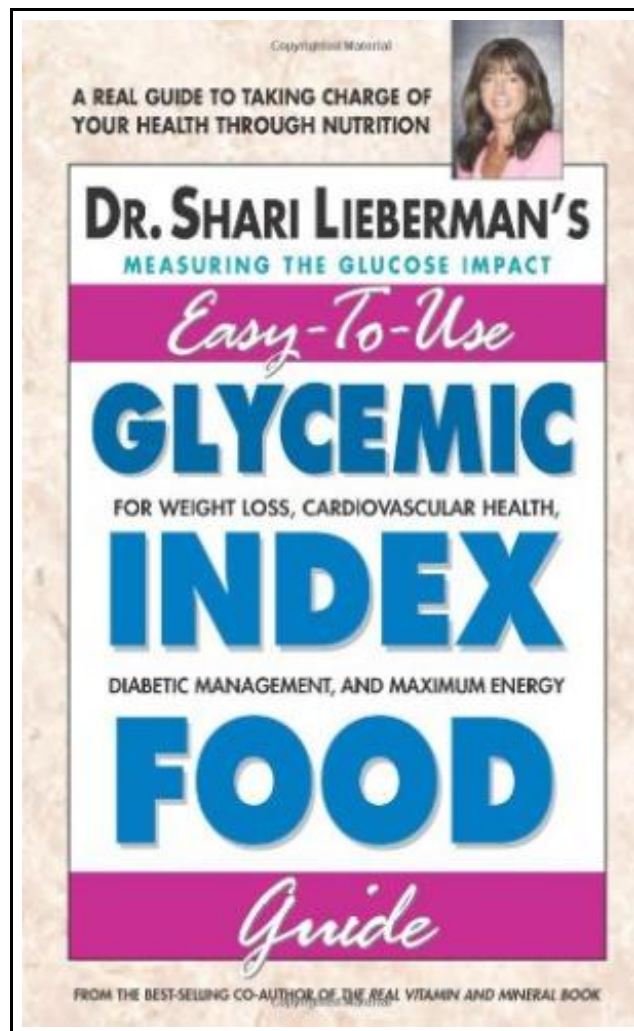


## Glycemic Index Food Guide For Weight Loss, Cardiovascular Health, Diabetic Management, and Maximum Energy Transitions Lifestyle Systems



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