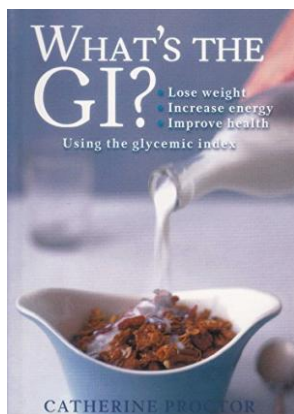


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# WHAT'S THE GI?: LOSE WEIGHT, INCREASE ENERGY, IMPROVE HEALTH USING THE GLYCEMIC INDEX



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