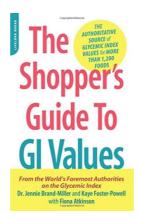
## The Low GI Shoppers Guide to GI Values 2015 The Authoritative Source of Glycemic Index Values for More than 1,200 Foods





## **Book Review**

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Junius Herman)

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