



# GLYCEMIC INDEX SUSTAINED ENERGY

EAT A HEALTHY

LOW GI

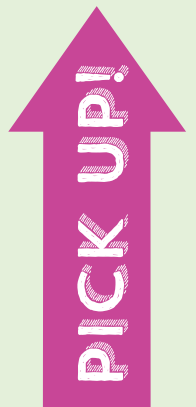
DIET FOR SUSTAINED

ENERGY



& YOU WON'T  
NEED A

3PM



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