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The New Glucose Revolution

The

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POCKET GUIDE TO

PEAK PERFORMANCE

- Use the glycemic index to boost athletic performance, enhance stamina and prevent fatigue
- Clear guidelines to the benefits of low-GI foods
- Authoritative, comprehensive and up-to-date glycemic index information from the world's leading authorities

Jennie Brand-Miller, Ph.D. • Kaye Foster-Powell, M. Nutr. & Diet.
Helen O'Connor B.Sc., Dip. N.D., Ph.D. • Stephen Colagiuri, M.D.

New Glucose Revolution Peak Performance

Chao Zhang



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