

A Companion to the *New York Times* Bestseller
The New Glucose Revolution

The

NEW



GLUCOSE

Revolution

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.
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New Glucose Revolution Peak Performance

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