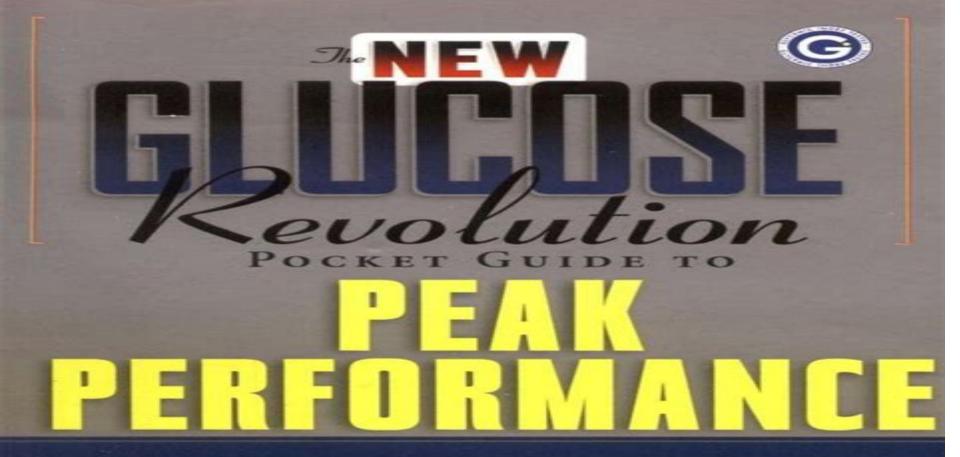
A Companion to the New York Times Bestseller The New Glucose Revolution



- 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., Digo No Disse Physical Stephen Colagiuri, M.D.

New Glucose Revolution Peak Performance

Bryan Franklin, Michael Ellsberg

New Glucose Revolution Peak Performance:

Ignite the flame of optimism with is motivational masterpiece, **New Glucose Revolution Peak Performance** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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