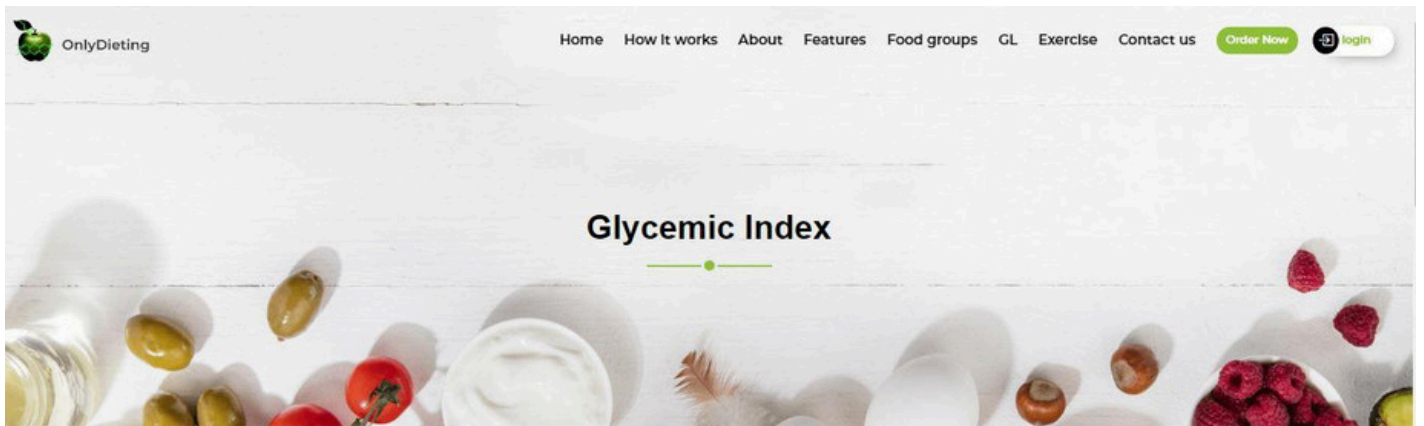




Glycemic index



Full Glycemic Load Solution - You control what your Glycemic Load will be for each meal throughout the day. Live tracking of your daily meal plan Glycemic Load. The program will do your vitamin and mineral analysis, indicating shortages specific to you, so you may opt to supplement your diet with over-the-counter minerals and vitamins. Better still, you can choose which vitamins you are deficient in the Wellness healing tab and will be provided with foods that are high in those essential nutrients. [Glycemic index](#)

#Balanceddiet #Balancedmeals #Glycemicindex #Vitamindeficiency #Healthandfitness