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**Lowers Insulin Levels**



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**Improves Focus**

**3**  
**Supports a Healthy Heart**



**4**  
**Helps Digestion**



**5**  
**Supports a Healthy Immune System**

**6**  
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**7**  
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**Anthony S. Fauci**



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web the process flow diagram shown below in fig 1 clearly shows the sequence of stages in the baking process there are two main stations in the plant which are the kneading station and the

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