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There are many diets on the market today based on eating foods that have a low GI rating as it is a way of controlling blood sugars and also appetite. There have been scientific studies conducted that have shown that there is no additional benefit for weight loss of a low GI diet over a similar diet of nutrient composition that is high GI.

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Note that no solvents have been used to extract the oil, but it has been refined with the use of charcoal and other chemical and physical filters. Oils labeled as Pure olive oil or Olive oil are primarily refined olive oil, with a small addition of virgin-production to give taste.

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