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(54) Title: PRODUCT TO REDUCE GLYCEMIC RESPONSE OF CARBOHYDRATE BASED FOODS

(57) Abstract: The invention relates to the use of flour containing a mixture of pulverised edible parts of Okra plant species, Vigna plant species and one or more types of food based carbohydrates selected from cereals or non-cereals or a mixture thereof, for the preparation of a food for altered glycemic response.



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