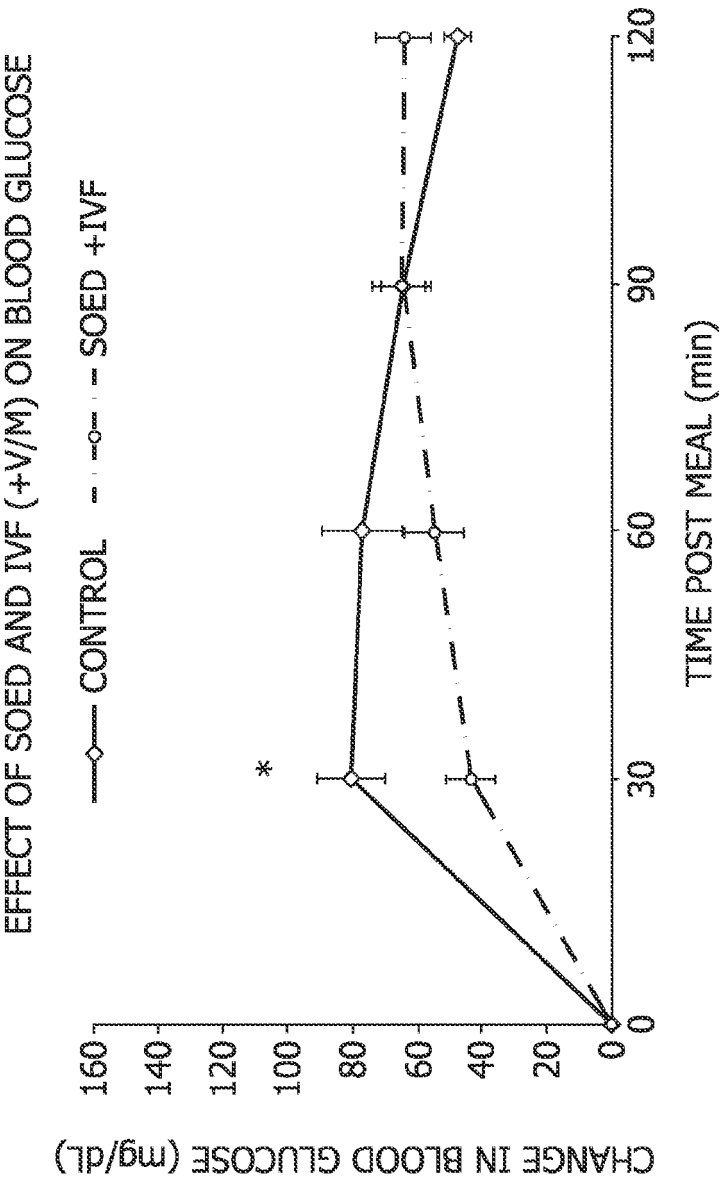
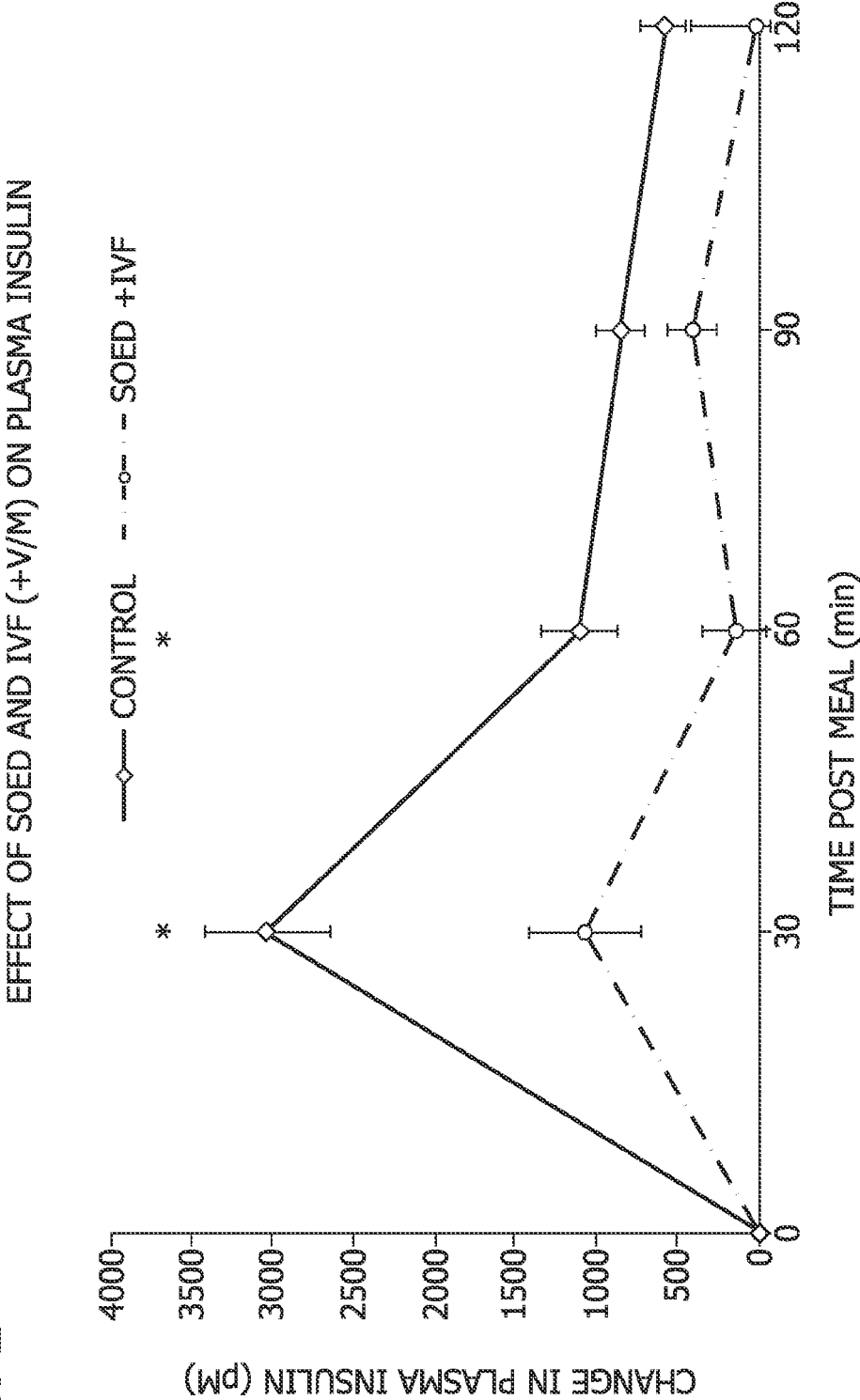


FIG. 1



The combination of SOED, fiber, vitamin C, vitamin D, and chromium picolinate decreases plasma glucose concentration at 30 min ( $p<0.05$ ). "IVF" = induced viscosity fiber, vitamin C, vitamin D, and chromium picolinate.

FIG. 2



The combination of SOED and IVF decreases plasma insulin concentration at 30 and 60 minutes ( $p < 0.05$ ) and decreases area under the curve by 60% ( $p < 0.05$ ). "IVF" = induced viscosity fiber, vitamin C, vitamin D, and chromium picolinate.

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