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🌐 Cardio Defend

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CardioDefend Bad breath –usually smells like nail polish or ripe fruit- for a very short time Dry mouth or persistent thirst –which is why you should drink a lot of water Reduced hunger cravings and increased energy levels Key Differences Between Paleo and Ketogenic **CardioDefend** key to making the ketogenic diet work is by simply “tricking” your body into achieving ketosis. Doing this requires you to Possible low blood sugar arising from not taking adequate amounts of carbohydrates Fruits and vegetables like kale, beet, peaches, cabbage, bananas, grapes, pineapples, **CardioDefend** oranges, lemons, lime, strawberry, raspberry, blackberry, cherry, spinach and so on

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