

<https://www.healthapnews.com/ciniax-garcinia/>

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Despite the many health benefits of fruit, there is an issue with some fruits on the keto diet. Grapes and bananas, Ciniax Garcinia for instance, contain high quantities of carbs. 1 cup of grapes has approximately 26 grams and a medium banana, 24 grams of carbohydrate. Ciniax Garcinia Cambogia Followers of the ketogenic diet are limited to 20 to 50 grams of carbohydrates per day which is roughly equivalent to one large potato and half a kilogram of vegetables.

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