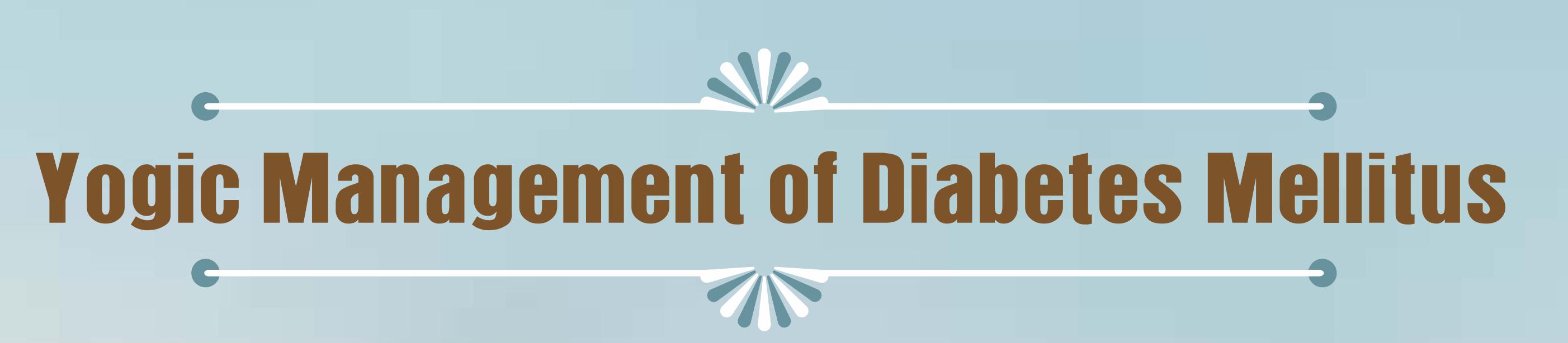


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## Benefits

oga aids in improving digestion, enhancing oxygenation, lowering cortisol levels and improving insulin utilisation. It also assists in reducing anxiety and promotes better glycemic control.

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