

# Scientific References

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2-) Why stress causes people to overeat

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3-) Resveratrol

<https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/resveratrol>

4-) Resveratrol: A potential challenger against gastric cancer

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4588085/>

5-) Alpha-Lipoic Acid (ALA) as a supplementation for weight loss: Results from a Meta-Analysis of Randomized Controlled Trials

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6-) Zinc

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