QUOTE GM #06

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de Punder K ¹ , Pruimboom L. Author information 1 University of Girona, Plaça Sant Domènec, Girona, Spain. k.d.punder@nki.nl "In this review we discuss evidence from in vitro, in vivo and human intervention studies that describe how the consumption of wheat, but also other cereal grains, can contribute to the manifestation of chronic inflammation and autoimmune diseases by increasing intestinal	Ī	<u>Nutrients.</u> 2013 Mar 12;5(3):771-87. doi: 10.3390/nu5030771.
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