

# **NUTRITIONAL EFFICACY OF FLAXSEED IN THE REDUCTION OF BLOOD SUGAR AND CHOLESTEROL**

**THESIS SUBMITTED TO  
BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY  
(A CENTRAL UNIVERSITY)**

**LUCKNOW**



**FOR THE AWARD OF  
THE DEGREE OF DOCTOR OF PHILOSOPHY IN HOME SCIENCE  
(FOOD AND NUTRITION)**

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