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Low FODMAPs and gluten-free foods for irritable bowel syndrome treatment: Lights and shadows

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## **ACCEPTED MANUSCRIPT**

Low FODMAPs and Gluten-free foods for Irritable Bowel Syndrome treatment: lights and shadows

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#### Abstract

Irritable bowel syndrome (IBS) is a functional bowel disorder with a global prevalence of 10-20% and in which abdominal pain or discomfort is associated with defecation or a

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