

International Journal of Current Microbiology and Applied Sciences (IJCMAS) NAAS RATING-5.38, ICV-95.39

ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online)

An International, Monthly, Online, Free Access, Peer Reviewed, Indexed, fast track Scientific Research Journal

Certificate of Publication

This is to certify that the following article reviewed by editorial board and published in International Journal of Current Microbiology and Applied Sciences (IJCMAS) ISSN: 2319-7692 (Print) ISSN 2319-7706 (Online).

Int.J.Curr.Microbiol.App.Sci.2019.8.(2):2284-2292

<https://doi.org/10.20546/ijcmas.2019.802.266>

The Promise and Peril of Health Apps in Diet, Physical Activity and Behaviour Modifications: A Systematic Review

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International Journal of Current Microbiology and Applied Sciences

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