

# International Journal of Current Microbiology and Applied Sciences (IJCMAS)

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.2026.15.(5):86-94

<https://doi.org/10.20546/ijcmas.2026.1505.012>

Habitual Processed Food Consumption among Young Adults: Associations with Fatigue, Gastrointestinal Symptoms, and Lifestyle Factors

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*International Journal of Current Microbiology and Applied Sciences*

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