

CRAVING A SUGAR HIT?

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DO YOU STRUGGLE TO MAINTAIN YOUR ENERGY THROUGHOUT THE DAY? CRAVE CAFFEINE AND SWEET TREATS? FEEL TIRED, SHAKY OR IRRITABLE? IT COULD BE YOUR BLOOD SUGAR LEVELS NEED BALANCING.

Blood sugar problems are common in today's fast paced world. Many of us lead busy lives and go for quick, convenience foods, rather than taking the time to prepare sustaining meals.

Eventually, we develop symptoms of poor blood sugar control – weight gain (commonly, abdominal obesity); fluctuating energy levels; mood swings; anxiety; headaches; addictions to sugary treats and caffeine.

The solution is to reduce those cups of coffee, cut sugary treats, eat wholegrain and high protein foods and help your body back into balance with a supplement like Blackmores Sugar Balance, specifically formulated to reduce sugar cravings and get you back on track.

This unique formula contains chromium, an essential nutrient for blood sugar balance, plus manganese, vitamin D, zinc and magnesium, which all assist sugar metabolism. These nutrients work together to help the body convert food into fuel. Just one Blackmores Sugar Balance tablet with each meal is all you need to get on the road to a better balanced and happier you.

Once your blood sugar is balanced, you'll notice it's easier to stay away from those tempting treats. You may find you lose weight with less effort and have more energy. In short, you'll feel better and have a more positive outlook on life.



Weight management programmes should be used with a healthy balanced diet and exercise.