

SPRING DETOX

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FEELING TOXIC AFTER A
LETHARGIC WINTER? HAVE
YOU OVER INDULGED AND
GAINED A COUPLE OF KGS?

You may need more of a helping hand than just exercising and healthy eating. When the liver is overloaded from excessive alcohol or drug intake, environmental toxins, or poor diet, the entire body begins to suffer as toxins aren't effectively eliminated.

A sluggish liver can interfere with maintaining a healthy body weight, as toxin removal, fat metabolism and the regulation of blood sugar levels are compromised. During weight loss, toxins stored in body fat can be released, increasing the need for optimal liver function to aid elimination of these toxins and prevent their recirculation.

Chronic stress can also contribute to an unhealthy body shape due to excessive release of the hormone cortisol. Prolonged high cortisol levels promotes abdominal weight gain, reduces muscle mass,



increases the tendency to over eat and interferes with fat metabolism and blood sugar regulation.

Livslim™ is a triple action formula designed to naturally aid liver detoxification, provide stress support and promote healthy body tone and shape. Livslim™ is an easy 10-day detox that combines key herbal extracts to assist liver function, aid metabolism and energy levels, balance appetite and help normalise the body when under stress.



**Weight management programmes should be used with a healthy balanced diet and exercise.
Read the label and use only as directed. If symptoms persist see your healthcare professional.**