

WHY WE FOCUS ON GOOD FATS!

1. Healthy maintenance of your cardiovascular system - engine & pipes!
2. Drive stored fat as the favoured energy source - enter your ideal weight!
3. Retain healthy nerve function.
4. Bolst improved vitamin absorption.
5. Slowly metabolised providing sustained fullness.
6. Lessen innate interest in refined sugars.

WHY WE PROMOTE HIGH PROBIOTIC CHOICES?

1. Drive optimum metabolism.
2. Maximise immune strength.
3. Re-strengthen gut wall integrity.
4. Aids fibre with regular movements.
5. Bolster perfect inflammation balance.
6. Smart gut = smart brain.

WHY WE DRIVE QUALITY FIBRE!

1. Aids in digestion & regular bowel movements.
2. Provides a feeling of fullness (satiation).
3. Drives best blood sugar balance - this is key!
4. Helps drive out residual inflammation.
5. Helps prevent colon illness.