



Health Matters

by

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Want to curb your **appetite**, control **blood sugar** and **lose weight**? Maintaining a healthy weight minimizes the risk of diabetes, heart disease and obesity. Clinical studies at the University of Toronto have revealed unprecedented benefits of a unique blend of water-soluble fiber called **PGX DAILY**. Shown to effectively slow digestion by reducing the glycemic index of meals by up to 50%, **PGX DAILY** gives you a more sustained feeling of satisfaction after eating. Beneficial for diabetics, hypoglycemics and anyone wanting to curb cravings and/or lose weight, **PGX DAILY** increases insulin sensitivity, diminishes appetite and lowers cholesterol, as it reduces that "after-meal rise" in glucose and insulin. It's available in soft gels or a tasty shake mix. Come by Natural Foods Market for more information and to register to win a trip for two to Hawaii being given away by the makers of **PGX DAILY**. As always, we guarantee your satisfaction.

 **NATURAL
FOODS MARKET**

610-1000

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