

# SLENDERIIZ

## PURENOURISH

Everyone recognises eating right as a crucial element of good health. But with fast food on every corner and the ever-present lure of quick and empty calories, choosing nourishing and natural snacks is becoming an increasing challenge.

PureNourish is a food supplement designed to fill this nutritional gap in a delicious and simple way. Each serving combines high quality protein, natural enzymes, fiber, and key vitamins and minerals in a satisfying supplement shake. PureNourish also contains probiotics and prebiotics to help support normal intestinal health.

High quality protein is an important part of the PureNourish formula as it promotes satiety—the “full” feeling after a meal. Scientists associate satiety with the release of gastrointestinal hormones that signal our nervous systems to put down our forks and stop eating. Protein also assists muscle growth and proper cardiopulmonary function.<sup>1</sup>

The nutrients in the PureNourish formula are derived from non-GMO and environmentally friendly sources, including protein from peas and cranberries. These proteins are readily absorbed without triggering the digestive problems many experience with animal-based proteins such as whey, a common ingredient in many supplements.

Studies suggest diets high in fiber support not just bowel health, but the maintenance of already healthy weight and blood sugar levels.<sup>2</sup> The PureNourish formula includes AdvantaFiber™, a natural, soluble fiber that includes digestion-friendly

probiotics and prebiotics and microflora that play significant roles in a healthy digestive system.

What we don't put in PureNourish is just as important as what we do. PureNourish is gluten-free, dairy and soy-free, GMO-free, and doesn't contain any trans fats, artificial flavors or artificial colors. Instead of commonly sourced sucrose, PureNourish is flavored with natural sweeteners, which makes it a better low-glycemic choice.

PureNourish's sweet and mild taste is great on its own or readily mixes with other flavors. Enjoy it with fruit or add it to a smoothie for some variety.

*Good manufacturing practices are used to segregate ingredients in a facility that processes other products. These may contain peanuts, tree nuts, wheat (gluten), milk, soy, and/or eggs.*

1. The Nutritional Source – What Should you Eat: Protein, Harvard School of Public Health Web: <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

2. “Dietary Fiber: Essential for a healthy diet” Mayo Clinic Healthy Lifestyle: Nutrition and Healthy Eating Web: <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>

