

## Snack Attack!

A recent survey has revealed that more than half of us would prefer to have a snack than eat a proper meal. Not only that, but a shocking 22% of people can't get through the day without a snack!<sup>1</sup>

Jane Griffin, consultant dietician for **Zotrim** says, "Foods eaten as snacks tend to be high in fat and therefore high in calories, which can shipwreck an otherwise healthy diet." So, give yourself a helping hand with **Zotrim**, a plant-based weight-loss supplement that works by making you feel fuller for longer, helping you to reduce portion sizes and beat that snack attack!

Containing three South American plant extracts - Yerba Mate, Damiana and Guarana, **Zotrim** works by boosting satiety i.e. the feeling of fullness. Jane Griffin knows "favourite snacking foods tend to be crisps, pastries and chocolate – all foods that are easy to eat, require no preparation and are high in fat and calories." **Zotrim** helps you to cut cravings for these snack foods and to make healthier choices, which is the key to effective, sustainable weight management.

Simply take three **Zotrim** tablets before each meal to help kick-start a healthy weight loss of 2-3lbs per week.

Jane's top tips to overcome sneaky snacking:

- Always start the day with breakfast.
- Set realistic targets - don't give up chocolate completely but have a small bar twice a week instead of every day
- Downsize don't supersize!
- Swap snacks for sweet fresh and dried fruit

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<sup>1</sup> Survey of 2,000 adults conducted by SWNS, 2008

- Keep a food and mood diary to see when and why you snack and
- what you snack on, then make gradual, sustainable changes

Zotrim costs £21.95 for one month's supply, and is available from Boots, Tesco, Superdrug, Waitrose, Sainsbury's, Lloyd's pharmacy, Holland & Barrett and good health food stores, as well as direct from Nature's Remedies on 0845 345 0724 or [www.zotrim.co.uk](http://www.zotrim.co.uk)

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