

FOR SNACKING ADDICTS

What to look for:

The herbs yerba maté, guarana and damiana

Find them in:

Zotrim, £21.95/2,195 points (180 tablets/30 days' supply).

How it works: The herbal extracts yerba maté, guarana and damiana in Zotrim are claimed to help you feel full sooner and for longer, meaning that you eat less.

Guarana also contains caffeine, which may help keep up your energy levels, so you can be more active.

Consider it if: You need help cutting down on food and want to reduce your snacking.

How to take it: Take two tablets with a glass of water or a cold drink a few minutes before



breakfast, lunch and your evening meal, or before you feel a need to snack. You should take six tablets a day.

Any other advice? It can only aid slimming when used as part of a calorie-controlled diet.

Tester:

Maggie Wood,
30, Bristol

Height: 5ft 2in

Weight before:

10st 5lb

Weight after: 10st 3lb

She says 'I needed help to get my snacking under control, and the fact that the pills have no side effects appealed. I went to the gym three times a week and even though I didn't lose a huge amount of weight, I do feel more toned and my jeans fit better, too, which is a real bonus!'

