

Daily Mail

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Circ: 2,231,120

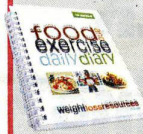
Zotrim, £21.95 for 180 tablets
A NATURAL slimming aid to
make you feel fuller for
longer. With healthy eating
and exercise, can help dieters
lose an extra 2lb a week.

Stockists: Boots;
www.zotrim.co.uk



10 OF THE BEST

WEIGHT LOSS PRODUCTS



Food And Exercise Daily Diary, £5.99
THIS food diary helps you keep a daily record of your food intake and stick to your calorie allowance.
 Mail order: 01733 345 592;
www.dietandfitnessresources.co.uk

Diet Chef, £47.50 for a weekly hamper
A CALORIE-controlled, chef-prepared ready-meal plan delivered to your door. Can help you lose 1st in a month.
 Further info: 020 8242 6273;
www.dietchef.co.uk



The Diet Plate, £19.99
TEACHES portion control. The plate is divided into sections to show how much protein, carbs and vegetables you should eat per meal.
 Stockist: 01457 860 779;
www.thedietplate.com

Slendesse Leggings, £24.99 for one pair
REDUCES up to 5cm from your stomach and 1.6cm from your hips. The fibres prompt your metabolism to burn fat.
 Stockist: 0871 221 2677;
www.jmldirect.com



Hunger Shot £2.89 for four
A LOW-calorie yogurt drink with high levels of protein and fibre to fill you up. These nutrients keep you going until the next meal.
 Stockists: supermarkets nationwide; www.hungershot.com

Salter MiBody Analyser Bathroom Scales, £59.99
CALCULATES weight, body fat, body water, muscle mass, BMI (Body Mass Index) and BMR (Basal Metabolic Rate) readings.
 Stockist: Argos



Slimmer's Chocolate, £14.99 for 21 pieces
SUGAR-FREE dark chocolate – 22 calories per square.
 Stockist: 0800 107 5757;
www.healthdirect.com

Nutri-Weigh Dietary Computer Scales, £80
CALCULATES nutritional value (including calories, fat and GI level) of more than 14,000 types of food.
 Stockist: 01732 360 783



New Nordic Biofirm detox programme, £19.95 for 90 tablets.
UNLIKE other detox plans, this doesn't involve fasting.
 Stockists: Boots; health food shops;
www.allhealth.co.uk

Zotrim, £21.95 for 180 tablets
A NATURAL slimming aid to make you feel fuller for longer. With healthy eating and exercise, can help dieters lose an extra 2lb a week.
 Stockists: Boots;
www.zotrim.co.uk



TANIA ALEXANDER