

## Think Fab, not flab, this Christmas!

### Zotrim will keep you trim this Christmas and kick-start 2009

'Tis the festive time of year and gluttonous guilt is thick in the air! Shockingly, the average person piles on over 50% of their average annual weight increase<sup>1</sup> during the Christmas period. But there's no need to deny yourself all those enticing Christmas treats – **Zotrim**, the all natural weight loss supplement, keeps you feeling full for longer, meaning you won't be tempted to overindulge.



A spokesperson from the British Food Foundation commented that pounds gained over Christmas “contribute to long-term weight gain”<sup>2</sup> - and we all know how difficult it is to lose those extra inches around the waist after the festive season! **Zotrim's** ability to keep you feeling full for longer makes it the perfect way to stay in control so you eat less over Christmas and have less unwanted winter weight to shed in the New Year.

Zotrim's Consultant Dietitian, Jane Griffin, also believes that Zotrim's ability to beat those Christmas cravings is a great way to lose weight healthily.

“Studies on Zotrim have shown that this unique formulation can give excellent weight loss even without any radical changes to diet or lifestyle by helping users eat less and be more active.”

Now you can sign up for Zotrim's 'Step-by-Step' guide online at [zotrim.co.uk](http://zotrim.co.uk) to get easy weekly weight loss tips from Jane and Zotrim – there's no excuse to look like a stuffed turkey!

**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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For all press queries, please contact:  
Kathryn Dunlop or Hollie Thomson at CCD PR  
Tel: 020 7434 4100 Email: [Kathryn@ccdpr.com](mailto:Kathryn@ccdpr.com).

<sup>1</sup> According to studies by the National Institute of Child Health and Human Development in the United States of America.

<sup>2</sup> BBC News article: <http://news.bbc.co.uk/2/hi/health/687024.stm>