



Health Matters

by
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For many, losing weight is the first step to regaining health and self esteem. Excessive dieting and exercising or taking unsafe, costly drugs can have drastic, unintended consequences. Sustained weight control requires adopting a consistent, life-long healthy lifestyle.

One of the most effective means of controlling appetite and adjusting the rate at which carbohydrates are converted to body fat is by adding soluble fiber to your diet. **Acacia Fiber** is a type of soluble fiber harvested from the sap of the Acacia tree that also acts as a prebiotic, which supports a healthy balance of microorganisms in the gut.

Perfect for use in sauces, dressings, soups, smoothies, yogurt or cereal, **Acacia Fiber** is beneficial not only with weight loss, but blood sugar control and intestinal regularity, as well. With 6gm of fiber per Tbsp., **Acacia Fiber** mixes easily, dissolves completely and has no taste or gritty texture.

As always, we guarantee your satisfaction.

Locally owned for 35 years

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