



PILL POPPING

Whey is a quick and easy means to include protein in your diet. It is well digested and suitable even for those with a weak digestive system.

We all need protein to stabilise our blood sugar levels, which is a key factor in keeping mood swings and fatigue at bay. A good mood can also aid weight loss as many people eat when they feel down.

The special protein alpha-lactalbumin, found in Solgar Whey to Go, increases the levels of tryptophan in the body and raises serotonin activity in the brain. It also reduces cortisol, balances blood sugar and improves mood.

Research has shown whey to boost the immune system, improve collagen and help support liver function. Solgar Whey protein is free from sugar, lactose and fat so is perfect for

supporting daily health. Stir it into warm milk for a nourishing beverage, mix into your porridge or blend in a berry smoothie. It's a great winter booster!



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**FEW PEOPLE KNOW THAT KIWI
FRUITS CONTAIN UP TO
16 TIMES MORE VITAMIN C
THAN ORANGES. THEIR
IMMUNE BOOSTING
PROPERTIES MEAN THEY'RE
GREAT FOR COMBATING
THE COMMON COLD!**