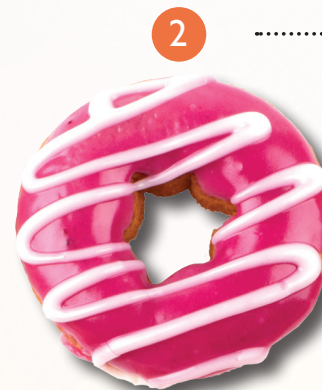


WHY LOW-GLYCAEMIC IMPACT?

Leading a low-glycaemic impact (GI) lifestyle doesn't have to be complicated. Here's a quick intro on how the GI of foods affects your metabolism and helps you burn fat.

▲
THIS IS YOUR
FAT-BURNING
ZONE
.....
IDEAL FOR
.....
WEIGHT
MANAGEMENT
▼



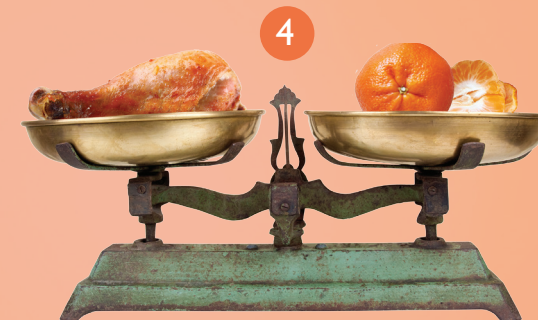
High glycaemic foods spike your blood sugar, causing you to leave the fat-burning zone...



and lead to a crash, sapping your energy.



Eating low- and medium-GI foods keeps you here.



A balanced diet of low- and medium-GI foods gets you back on track to
FIND YOUR FIT.

 **WEIGHT
MANAGEMENT
SOLUTION**