

WHAT MAKES **Crave** WORK?



INULIN

Inulin is a prebiotic which is a carbohydrate that stimulates the growth of beneficial bacteria naturally residing in the colon. A healthy digestive system is directly linked to a healthy immune system, as up to 70 percent of our immune system is formed in the gut. Inulin has unusual nutritional characteristics. It increases calcium absorption and possibly magnesium absorption, while promoting the growth of intestinal bacteria. Nutritionally, it is considered a form of soluble fiber.



GUAR GUM

Guar gum is used for treating diarrhea, irritable bowel syndrome (IBS), obesity, and diabetes; for reducing cholesterol, and supports healthy circulation.



FIBERSOL®: PLANT FIBER

Fibersol®-has been demonstrated to delay post-meal hunger and has been shown to increase specific satiety hormones PYY and GLP-1. PYY and GLP-1 are satiety hormones released from the gut that help tell your brain that you are full. In a clinical study, people who consumed Fibersol® felt fuller longer than those that didn't.



MODIFIED CITRUS PECTIN (MCP)

MCP supports colon health, and is effective in lowering cholesterol and glycemic regulation.

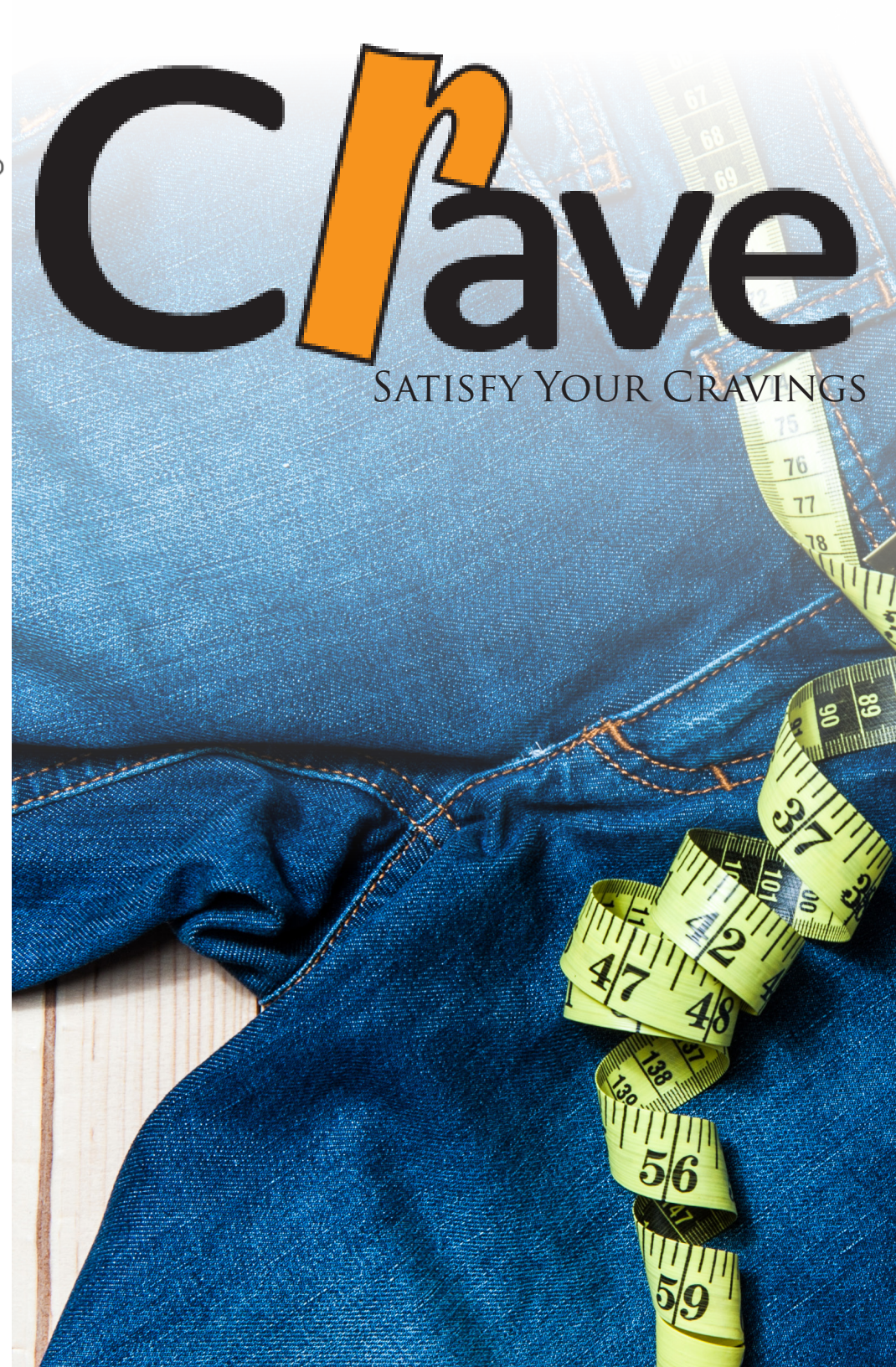
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Crave

SATISFY YOUR CRAVINGS





Fiber For The Whole Family

In the battle against your food cravings, we have a secret weapon: Crave. Crave tastes like citrus candy, yet is full of the important fiber and prebiotics that you need every day to stay healthy. It can also help you feel full and stave off your desire for sweets and fatty foods. With more fiber and less fructose than an apple, Crave is a great snack for the whole family.

- Helps you feel full so you eat less
- Helps to lower cholesterol
- 5 grams of fiber in each packet
- Helps reduce risk of colon health issues
- Helps balance blood sugar
- Contains prebiotics enabling a friendly environment for good bacteria in the colon

Crave is great for THE WHOLE FAMILY!

Whether you want to lose weight, stave off your cravings, or have a nutritious snack...

Crave has you covered.

