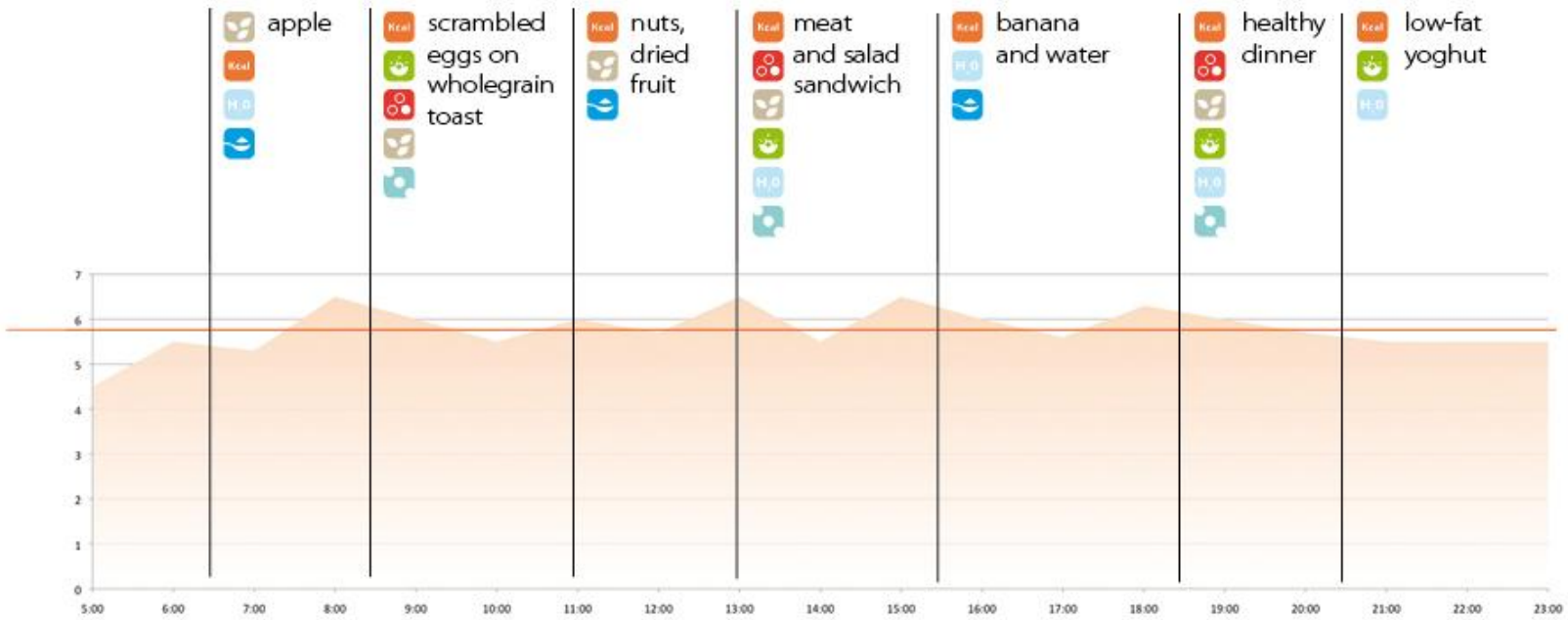


The Calm

Ideal Blood Sugar Level



Calories

Protein

Fiber

Water

Fat

Sodium

Carbohydrates

Sugar

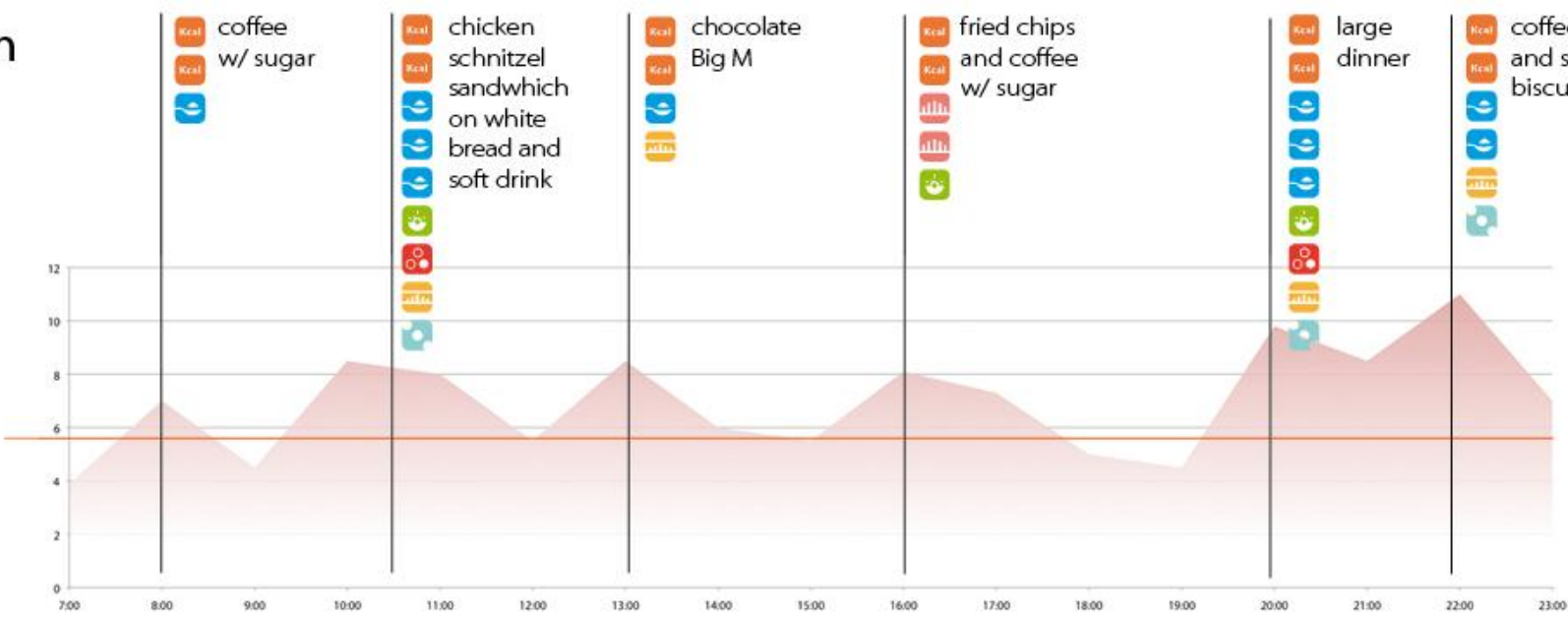
Saturated Fat

Enjoy:

- Consistent energy levels
- Consistent and happier mood
- Less sweet food cravings
- Lower body fat
- Less illness

The Storm

Ideal Blood Sugar Level



Results in:

- Frequent drowsiness
- Inconsistent energy
- Increased fatigue
- Decreased long-term concentration
- Increased stress levels
- Weight gain