



**Vital**  
Nutrition

# Men's Health Toolkit

Vital Nutrition's **Men's Health Toolkit** workshop is a nutritional MOT for men.

We will arm you with all the information you need to nourish your body so that you feel well and function at your best, every day.

**You will discover:**

- How to eat for optimum energy and vitality
- Weight loss plans that work for men
- Cardiovascular health – managing blood pressure and cholesterol
- Prostate health and the link with diet
- Natural sleep solutions

**Get in touch**

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