



Vital
Nutrition

Sugar Fix

Are you caught on the sugar roller coaster, craving sweet stuff and crashing energy levels?

In this workshop, Vital Nutrition shows you how to cut your sugar cravings, lift your energy levels and improve your mood - the easy way!

You will discover:

- How to kick the sugar habit
- The easy way to control cravings
- Pack your snacks with nutritional goodness
- What supplements really work to beat sugar cravings

Get in touch

T: 07704 520257

E: info@vital-nutrition.co.uk

www.vital-nutrition.co.uk