

WHOLE-FOOD HEALTH

YOGURT

YUMMY YOGURT...

WHY?

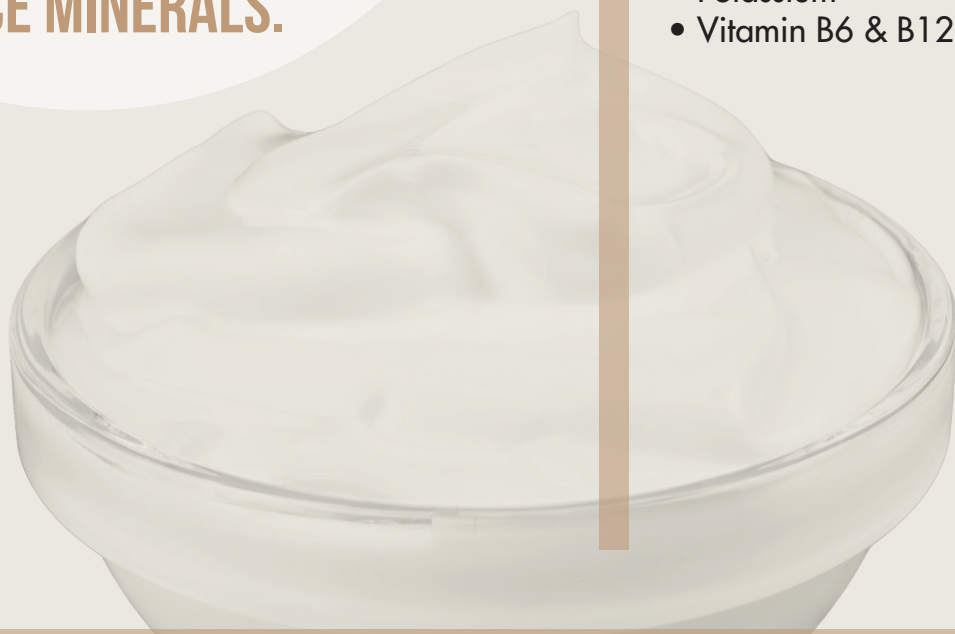
YOGURT PROVIDES ALMOST
EVERY NUTRIENT THAT YOUR BODY
NEEDS. IT'S ESPECIALLY HIGH IN
CALCIUM, B VITAMINS &
TRACE MINERALS.

HEALTH BENEFITS

- May help ease indigestion
- May strengthen immune system
- May enhance healthy probiotic gut bacteria
- Promotes bone health
- Can aid in weightloss

NUTRITIONALS

- Protein
- Magnesium
- Calcium
- Potassium
- Vitamin B6 & B12



ADD TO YOUR SHAKE TODAY!