



Yummy yoghurt just for girls

A DELICIOUS range of organic yoghurts has been devised just for women.

Strong Woman from Glenisk combines creamy low fat organic yoghurt with healthy and healing ingredients including aloe vera, linseed, green tea and psyllium husk.

At less than 107 calories per

pot, each yoghurt also contains two probiotic cultures, L.casei and bifidus, to help promote digestive health.

Aloe vera and linseed are good for a healthy digestion and linseed is a good source of Omega 3, Omega 6 and vitamin E.

Green tea is a natural source

of antioxidants, believed to help protect the body from harmful free radicals. Psyllium Husk is a gentle natural fibre, which helps to cleanse and detoxify the body. It helps you to feel fuller for longer and stabilises blood sugar, reducing cravings and making it easier to maintain a healthy weight.

