



Are you a strong woman?

Family-owned dairy company Glenisk has recently launched **Strong Woman**, a range of organic yoghurts at less than 107 calories per pot, created especially for women. Strong Woman combines creamy low-fat organic yogurt with healthy and healing ingredients such as aloe vera and linseed for healthy digestion, green tea for natural antioxidants and psyllium husk to make maintaining a healthy weight easier.

According to nutritionist Siobhan Julian, "two out of three women currently develop osteoporosis in later life and adequate calcium intake can significantly lower the risk. The addition of aloe vera, linseed, green tea and psyllium husk brings a host of health benefits. This is positive eating that promotes health and wellbeing."

