



glenisk
LOW FAT
ORGANIC
YOGHURT

**A strong choice
for women**

A new range of healthy organic yoghurts designed specifically for women has just been launched by Glenisk.

Strong Woman combines low fat organic yoghurt with healthy ingredients in a special four-pack (€2.55).

The two Aloe Vera & Linseed pots are packed full of goodness — aloe vera has healing properties while linseed contains omega 3, omega 6 and vitamin E.

There's also two Green Tea & Psyllium Husk pots — green tea is a natural source of antioxidants while psyllium husk is associated with healthy blood cholesterol.

There are less than 107 calories per pot and each contains two probiotic cultures, L.casei and bifidus, to help digestive health.