

Make ~~un~~healthy foods healthier

1 NATURALLY SWEET™ The sugar that keeps the fat off and the sweetness in your mouth 10 TIMES LESS CALORIES THAN SUGAR –AND 40 TIMES LOWER GLYCAEMIC INDEX (GI)



- ✓ Made from sugar, not chemical precursors like aspartame or saccharin.
- ✓ Tastes exactly like sugar and is heat stable.
- ✓ Add it to food, beverages, even cook and bake with it.
- ✓ Low GI = 2, unlike most other low kJ sweeteners which have a GI=50-100
- ✓ Tooth friendly: will not contribute to tooth decay
- ✓ The only sweetener made with soluble fibre to promote healthy intestinal flora

2 INVISIBLE FIBRE™ Lowers GI of food by 30-50% and boosts weight loss NATURAL 100% SOLUBLE PLANT FIBRE



- ✓ Lowers the GI (Glycaemic Index) of food
- ✓ Increases daily fibre intake
- ✓ Add 1-2 teaspoons to any food, drink, or simply stir into a glass of water
- ✓ Colourless, tasteless and non-thickening

A diet low in fibre can result in fatigue, carbohydrate cravings, obesity, diabetes and heart disease. Fibre is also important for healthy intestinal function, where it enhances nutrient absorption, promotes healthy bacterial growth, reduces cholesterol absorption and helps relieve many gastro-intestinal problems such as constipation and irritable bowel syndrome. Fibre can also help prevent leaky gut syndrome, a condition where unhealthy bacteria and partially digested food cross the intestine wall, into the body, triggering allergies and inflammatory immune system complaints.

-add to any savoury or sweet food – try it in sandwiches, hamburgers, mince, pasta, potatoes, pizza's, dips, hot or cold drinks, water, tea, coffee, milk, juices, smoothies, yoghurt, mayonnaise, cottage cheese, sauces, salad dressing, cereals, desserts –and even wine!

-or simply stir into a glass of water – its 100% soluble, 100% clear, 100% tasteless.

3 OMEGA-3 FLAXSEED SPRINKLE™ Brain & heart food -The only Omega-3 sprinkle in South Africa PREVENTS HEALTHY OMEGA 6 FATS FROM CONVERTING INTO HEART DAMAGING FATS



- Rich in:
- ✓ **Lignans** – blocks the enzyme that converts the healthy GLA-type omega 6 fat into an unhealthy immune & heart damaging fat called arachidonic acid.
 - ✓ **Omega 3 fats** - essential for a healthy heart, brain and immune system.
 - ✓ **Fibre** – for healthy digestion, reduces cholesterol, lowers the glycaemic index of food, and promotes healthy blood-sugar levels and bodyweight.

Convenient & delicious sprinkle – add 2 teaspoons to any savoury or sweet food.
Excellent in smoothies, yogurts or sprinkled onto salads



Available from SOLAL Technologies, Medical Practitioners, Dis-Chem Pharmacies & selected Pharmacies & Health Shops.

Visit SOLAL's Website for:

- View/download Solal "Complete Product & Health Guide" for protocols on what to use for most medical conditions and product summaries
- If you are taking the contraceptive pill, pharmaceutical hormone replacement therapy or any other medication, these may be depleting your body of important nutrients. Download Solal's chart titled "Correcting Pharmaceutical Induced Nutritional Deficiencies"
- comprehensive product information & a pricelist of our full range of 200 nutraceuticals, dermaceuticals and bio-identical hormones for men and women

SOLAL
TECHNOLOGIES
FUNCTIONAL FOODS™

PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™

South African Pharmacy Council reg nr Y52793