

## Foods that boost energy and metabolism

Foods that boost energy and metabolism include guarana, antioxidant-rich green tea, vitamins C, B6 and B12 and other valuable nutrients. Drinking plenty of water can also boost energy and reduce fatigue.

Modern farming techniques, transportation and the increasing use of chemicals in our foods means that finding foods that boost energy and metabolism is becoming increasingly difficult. Many people are now turning to natural supplements in order to enjoy optimum health and wellness.

Herbalife's® Energy and Fitness line is based on the concept of 'intelligent nutrition' – helping you reach your personal wellness goals. These products incorporate the foods that boost energy and metabolism mentioned above.

These products include:

- N.R.G. – Nature's Raw Guarana Tablets which offer a natural pick-me-up and boost your energy levels. NRG can provide a long-lasting energetic feeling; a natural caffeine. Guarana is a shrub native to South America which has been used for centuries and is known for its uplifting and refreshing properties. If you suffer from a mid-afternoon slump, then you may benefit from N.R.G.'s naturally invigorating effect
- Liftoff®; Effervescent Energy Drink is a blend of taurine, guarana and caffeine to help you stay alert and focused for improved concentration. It delivers 100% RDA of B-Vitamins for energy production and Vitamin C, which is known for its antioxidant properties. Liftoff® is a nutritious, low-calorie drink with no added sugar; perfect for any lifestyle including those following a weight management programme
- Thermojetics® Instant Herbal Beverage contains green tea extract, which is rich in polyphenol antioxidant nutrients that contribute to a general feeling of wellbeing. It also contains malva sylvestris extract and cardamom extract to aid the digestive process.

If you would like more details about foods that boost energy and metabolism, or are interested in natural products which could help you achieve a better nutritional balance in your life, visit our Product Pages, call 01229 580220 or email [info@wishingwellness.co.uk](mailto:info@wishingwellness.co.uk)