



Crave

Crave is our secret weapon against hunger and cravings. One packet of **Crave** contains 5 grams of tasty fiber that fill you up and help you stay on the program. **Crave** helps balance your blood sugar, gives you a “full” feeling, and provides doctor-recommended fiber, which is vitally important for gastrointestinal health.

Don't think **Crave** is some chalky, nasty fiber supplement. Think citrus-tart candy, and you'd be much closer. If you reach for a packet of **Crave** when you want

something sweet, you will be doing your body a great favor.

Crave contains Fibersol® a new fiber that has great benefits. Fibersol® has been shown to reduce serum blood glucose and insulin levels, which may benefit diabetics, dieters and exercisers. Fibersol® is a prebiotic. A prebiotic is a non-digestible carbohydrate that stimulates the growth of beneficial bacteria naturally residing in the colon. These helpful bacteria are referred to as probiotics. Probiotic bacteria promote health by inhibiting the growth of harmful pathogens thus reducing the potential for infections.

Crave also contains inulin, a naturally-derived food fiber. Inulin has unusual nutritional characteristics. It increases calcium absorption and possibly magnesium absorption, while promoting the growth of intestinal bacteria. Nutritionally, it is considered a form of soluble fiber. Inulin has a minimal impact on blood sugar, making it potentially helpful in managing blood sugar-related illnesses.

Science aside, adding **Crave** to your eating plan will help you eat less. There are many different ways to use **Crave**. Of course you can just open a packet and pour it in your mouth a little at a time. Let it moisten in your mouth and taste the sweet-tart goodness. Always have your **Liv SXinney** handy when you are taking **Crave**. The two always go hand in hand.

Crave is a great stop-gap measure when you feel like you need to eat something sweet or fattening. Open a package of **Crave**, and let the tangy flavor subdue your sweet-tooth, and **Crave** yourself feeling full. It is an incredible help in those rough moments.

Instructions:

Eat 1/2 to 1 packet of **Crave** with each meal, as desired. **Crave** may also be mixed in **Liv SXinney**. Note: be sure to find your **Crave** “number”. Find the right amount of packets that will help keep your cravings under control.

Ingredients:

Fibersol™, Citrus Pectin, Guar Gum, Inulin, Fructose, Xylitol, Malic Acid, Natural Flavor, Stevia Extract.

Benefits:

- Helps you feel full so you eat less
- Helps to lower cholesterol
- Reduces risk of colon health issues
- Benefits gastrointestinal health
- Helps balance blood sugar
- Stimulates growth of beneficial bacteria in the colon
- Tastes great