



LIV FACT SHEET

Crave: **Kills cravings.**

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

Crave helps support health blood sugar levels, 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 a unique fiber shown to support the reduction of serum blood glucose and insulin levels, which may benefit diabetics, dieters and exercisers. Crave also contains inulin, a prebiotic. A prebiotic is a carbohydrate that stimulates the growth of beneficial bacteria naturally residing in the colon. A healthy digestive system is directly linked to a healthy immune system, as up to 70 percent of our immune system is formed in the gut. 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.

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. 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.

Directions for Use: Eat 1/2 to 1 packet of Crave with each meal, as desired. Crave may also be mixed in you smoothies along with LivPro15, or added to Green20 or 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