

**SPOTLESS SNACK (24 pcs x 9g)**  
**Healthy herbal snack option with no guilt attached**

Those wishing to lose weight can choose from many specific foods, diets, dietary supplements, hunger therapies, and heaps of other options. However, universal and "pleasant" methods for reducing the amount of food consumed have yet to be developed and, most likely, never will be. Therefore, we must admit that the most effective way known today is the one that the great ballerina Maya Plisetskaya described as "Keep your mouth closed!" Unfortunately, it is not as easy as it sounds, mainly due to the substantial evidence suggesting that food addiction is a biochemical condition like drug or alcohol addiction that creates a psychological craving for specific foods. Nevertheless, compromise can always be found as long as it is healthy.

JSC Food Spa, in collaboration with the Latvian Institute of Innovative Biomedical Technology ([www.ibti.lv](http://www.ibti.lv)), has prioritized developing a new food product, incorporating modern scientific research on appetite control. Particular attention was drawn to the rarely discussed "night snacking" habit. SPOTLESS SNACK should provide inner satisfaction to the consumers but, at the same time, produce no harm to their health. Besides sometimes bringing a feeling of "guilt" and inadequacy, snacking late in the evening or at night leads to excessive weight gain. For those who find it difficult not to snack between meals, we recommend trying our healthy snack that immediately leaves a feeling of satisfaction and satiety: no guilt attached!

SPOTLESS SNACK is a ball made of 100% natural ingredients. The formula of the product is designed to provide a feeling of fullness by increasing the amount of the product in the stomach, directly suppressing appetite and having a soothing action. SPOTLESS SCACK also has a generally positive effect on the digestive system and the whole body while at the same time strengthening the immune system. The product can be consumed as a night "snack" or as a supplement reducing body weight.

**Ingredients:** concentrated apple juice, dates, wheat bran, glucomannan from Konjac root, wheat fibers, poppy seeds, Garcinia cambogia fruit, Ginger, Cinnamon, and Fennel seeds.

The effect of glucomannan has been confirmed by **EU Regulation No. 432/2012 of 16.05.2012.**

**Directions:** Daily intake of 1 bolus three times daily on an empty stomach between meals, instead of snacking, is recommended to reduce body weight, each time followed by one glass of water. Also, it is advisable to reduce caloric intake and increase physical activity during the course duration to enhance the effect. Warning of choking must be given to people with swallowing difficulties.