

MÖDERE



# BALANCE DROPS

cinnamon, chromium, vitamin D3 and zinc

## THE WELLNESS PROBLEM

Irregular eating times and snacks that are rich in refined carbohydrates can leave us feeling irritable and stressed. When you're under stress, you get increased levels of cortisol, a 'stress' hormone that can contribute to abdominal fat deposits and make unhealthy foods look a little more attractive as comfort food.

A diet high in sugar can also lead to high blood sugar - the amount of glucose circulating in your blood. Too much circulating glucose over a long period of time can lead to health issues. Too little circulating glucose and you may feel hungry, tired or have sugar cravings, thus perpetuating the cycle.

Taking control of your dietary habits and learning to eat better can have a profound effect on your feelings of wellness, your stress levels, and particularly on your long term weight management.

## THE MODERE SOLUTION

Moderer Balance Drops is intended to help you take control of your eating patterns so that you can control your sugar cravings and achieve a better dietary balance.

Balance Drops features cinnamon, chromium, vitamin D3 and zinc to help balance your diet and digestion so you can better balance your cravings for sugar between meals.

Cinnamon has been used traditionally to create a better digestive balance, and more recently to help balance sugar levels. This in turn helps stabilize fluctuating energy levels so that you're less likely to break your sensible eating plan with quick-fix sugary treats.

Chromium provides support for healthy glucose metabolism. Zinc also helps the body metabolize carbohydrates, proteins and fats as well as support healthy tissues.

Vitamin D3 has been added to assist calcium absorption and bone density.



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## WELLBEING BENEFITS OF BALANCE DROPS

### Weight management

- Formulated to help reduce snacking between meals
- Formulated to help reduce cravings for carbohydrate-rich foods

### General wellbeing

- Assists in the maintenance or improvement of general wellbeing

### Nutritional support

- Vitamin D3 is an essential nutrient that supports calcium absorption. A diet deficient in calcium can lead to a reduction in bone density resulting in osteoporosis
- Cinnamon is rich in antioxidant polyphenols
- Chromium and zinc are essential nutrients necessary for the metabolism of carbohydrates, fats and protein

### Digestive health

- Cinnamon is a traditional aid to digestive health

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## LIFESTYLE TIPS

- Reducing stress can help reduce body fat and assist with blood sugar levels.
- Reduce or avoid refined carbohydrates such as sugar, high GI fruits, juices, bread, pasta, rice and potatoes.
- If stressed use stress management techniques, such as meditation, yoga, tai chi or Pilates. Exercise is a good stress release and aim to exercise daily incorporating strength training and brisk walking, swimming or bike riding.

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## COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Chocolate Shake Pea Protein, White Kidney Bean, EFA Krill.

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## FACTS

### ACTIVE INGREDIENTS

*Cinnamomum cassia* (Cassia cinnamon), chromium, zinc, vitamin D3.

### DIRECTIONS FOR USE

Shake well before use. Take 1 mL (20 drops) mixed in 250 mL of water, three times daily. (Consume within 30 minutes). A change in colour may occur which does not affect the product's efficacy. Store below 25°C.  
Pack size: 50 mL.

### PRECAUTIONS

Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet. A healthy weight loss program should incorporate a balanced diet and regular exercise. Before beginning any new exercise program, consult with your healthcare professional. Caution: Consult your healthcare professional prior to use if you are nursing or pregnant, have a medical condition, or when taking any medication.

### FREE FROM

Milk, gluten, artificial colours and flavours and yeast. Suitable for vegetarians.

Listed on the Australian Register of Therapeutic Goods, AUST L 235230.