

HOW TO BEAT THE BLOAT THIS CHRISTMAS

- On average UK adults consume around **7,000 calories** on Christmas Day alone!
- That's **four times** the recommended daily amount for women and three times that for men
- **Cynarin**, found in the leaves of globe artichokes is a powerful digestive aid



High in saturated fat, salt and sugar the typical Christmas diet of chocolates, cheese, canapés, roast dinners and rich, sticky puddings means the turkey won't be the only thing that gets stuffed over the holidays. As a nation, we gorge on an average of 7,000 calories over the course of Christmas day and a staggering 114.2g of fat. That is four times the recommended daily amount for women, and three times that for men.

Foods high in sugar, saturated fats and dairy, not to mention too much alcohol are the perfect recipe for digestive discomfort. Plus hard-to-digest foods and alcohol both take their toll on the liver.

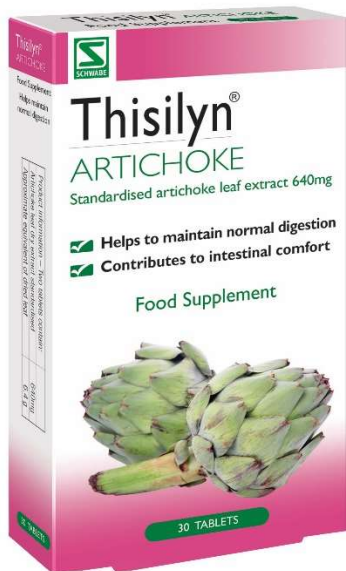
Although Christmas is the time of year when we can relax, socialise and yes, over-indulge a little, consuming a hefty 46,000 calories over the 12-day period can leave you feeling not only festively plump but also a little uncomfortable. Common symptoms include indigestion, upset stomach, nausea, bloating and wind.

Thisilyn® Artichoke can help you enjoy your festivities to the full, alleviating pain and discomfort, caused by over-indulgence of rich food and drink - so you can look forward to the New Year exercise regime! What's more, research shows that artichoke leaf extract can improve liver enzyme profile as well as reduce cholesterol levels. So there are benefits to taking **Thisilyn® Artichoke** all year round for its protective effects - and not just over the Christmas period.

Other scientific research shows that inside the leaves of the artichoke plant is a substance called Cynarin which is a powerful aid to healthy digestion. Thisilyn® Artichoke is a food supplement containing 320mg of Cynarin (*Cynara scolymus* L.), extracted from the leaves at the base of the globe artichoke plant, where the highest concentration of active constituents is found.

Clinical Nutritionist, **Suzie Sawyer** comments, *"Even small changes to our usual diet and eating richer foods than we normally do, can lead to bloating and wind". Additionally, over time, foods high in saturated fats and, of course, alcohol can raise cholesterol levels and put additional strain on the liver. You can help reduce the effects of the festivities by trying a natural product containing Cynarin, which has been shown to soothe digestion, improve liver detoxification and reduce cholesterol levels".*

Thisilyn® Artichoke (containing 320mg of standardised artichoke leaf dry extract) is a food supplement that can aid healthy digestion and ease bloating after occasional periods of over-indulgence of both food and drink.



Thisilyn Artichoke helps to maintain normal digestion and contributes to intestinal comfort. Each tablet 320 mg of dried artichoke leaf extract which is equivalent to 1280-1920 mg of artichoke leaf.

Suitable for both vegetarians and vegans.
Does not contain lactose, gluten, wheat, soya, corn or sugar

Available from **Holland & Barrett** stores. RSP **£7.99** for 30 tablets.

For more information visit www.thisilynartichoke.co.uk