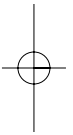
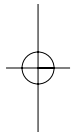
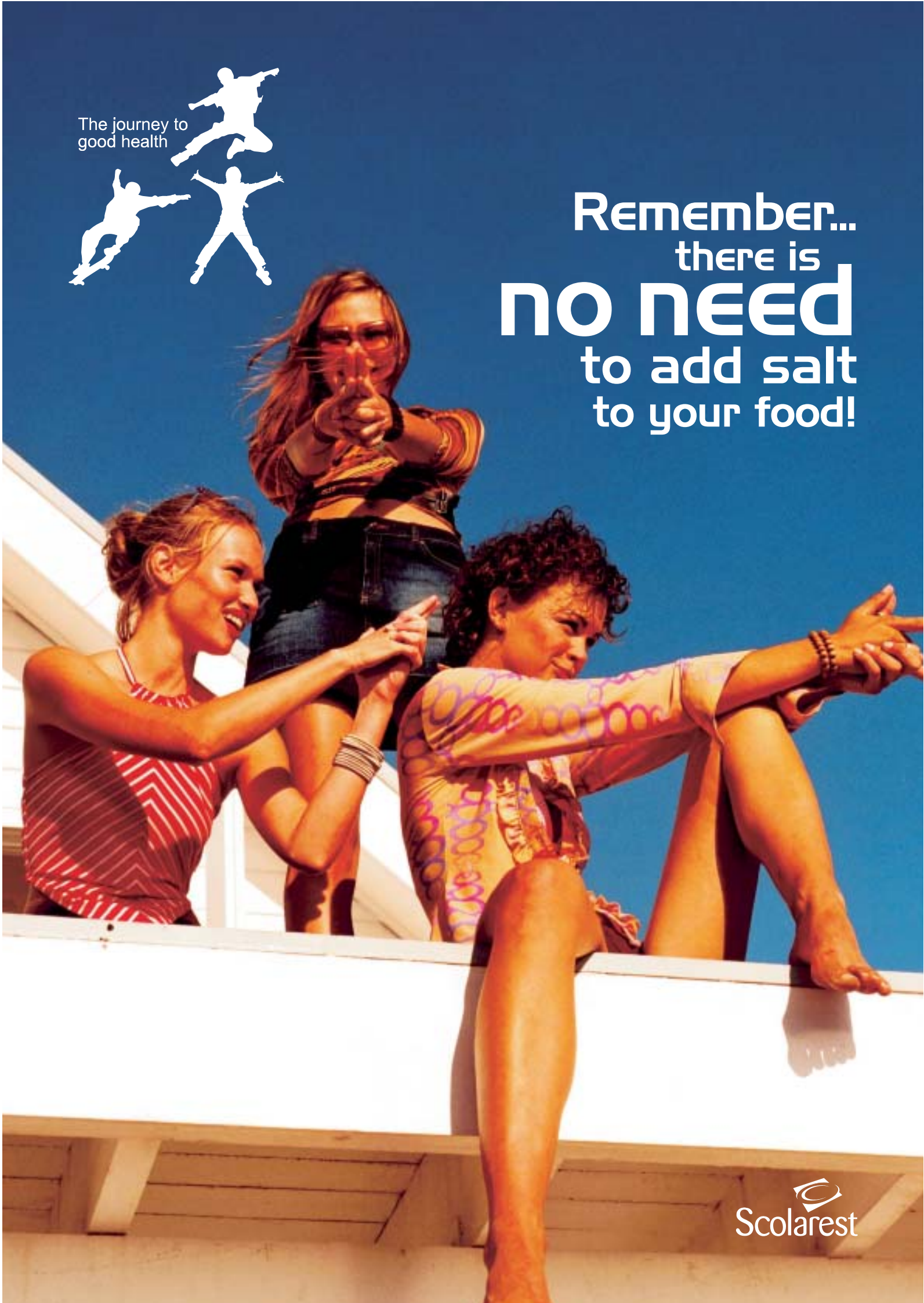
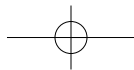


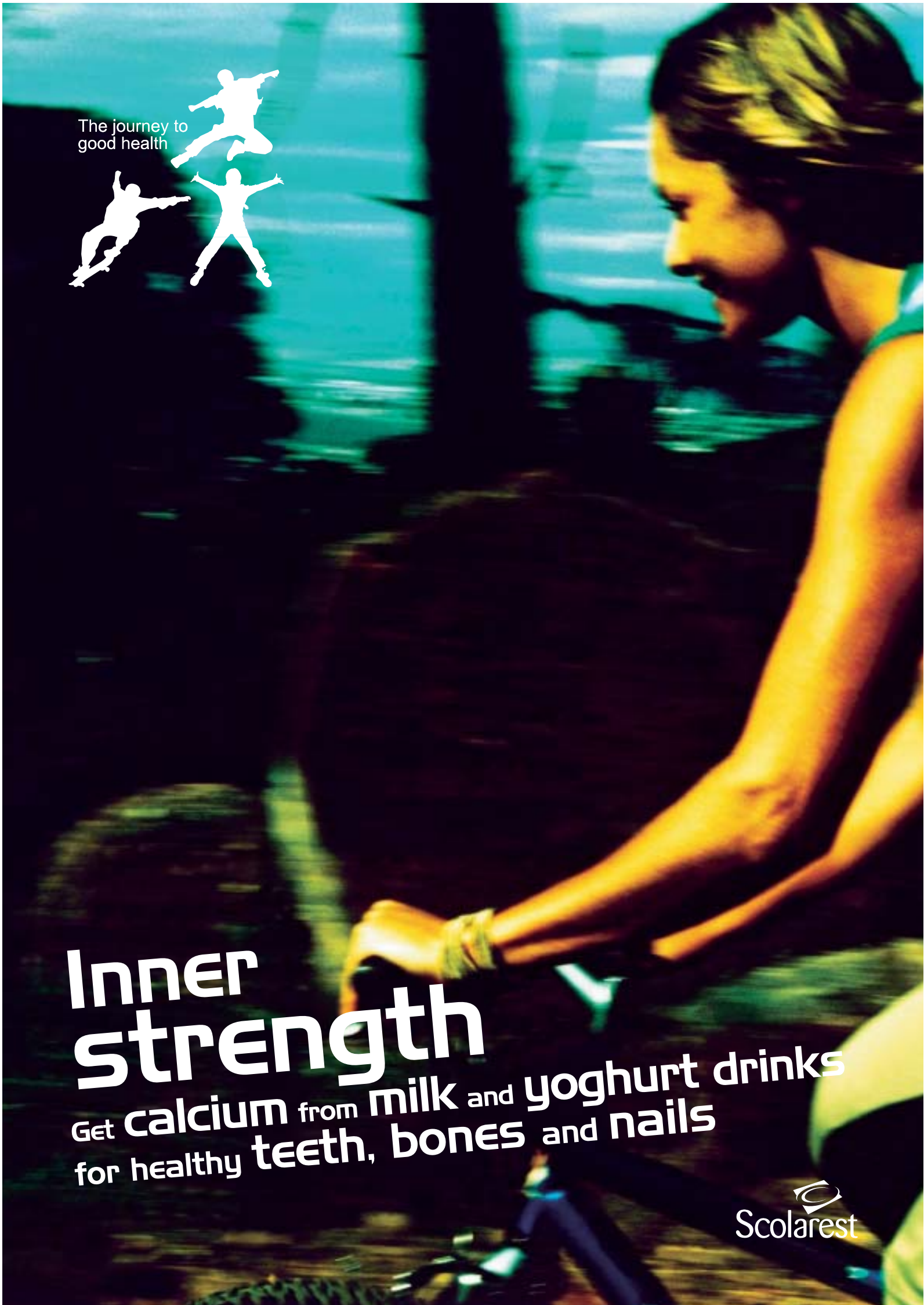
The journey to
good health

Remember...
there is
no need
to add salt
to your food!




Scolarest



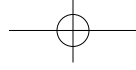


The journey to
good health

Inner strength

Get calcium from milk and yoghurt drinks
for healthy teeth, bones and nails


Scolarest



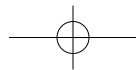
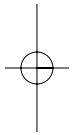
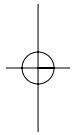
The journey to
good health

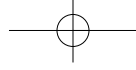


**Drink water to:
Hydrate...
Concentrate...
& stay fit!**

**Refresh
your
senses!**


Scolarest





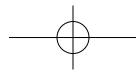
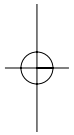
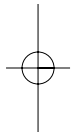
The journey to
good health



Make a splash

Oily fish such as salmon,
sardines and trout are rich in Omega 3
which is good for your brain, eyes and heart.


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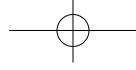


The journey to
good health

A natural
high!

Be adventurous...
add a portion of **fruit** and a portion
of **salad** or **vegetables**
to your meal for good health


Scolarest



The journey to
good health

A **varied** and
balanced diet
is what you need to lead a
fit, fun and **exciting** life...

Get the
balance right

