



WHOO HOO!!

## Just 10 hidden "GOO" ingredients to avoid

- 1 "Hydrolysed" anything
- 2 Yeast extract
- 3 Gelatin
- 4 Milk Solids
- 5 "Enriched" anything
- 6 "Starch" anything
- 7 Soy derivatives
- 8 Maltodextrin
- 9 Low or No fat items
- 10 Natural flavourings

**Best to keep it as close to nature as possible!**

**Further info visit our shop page re Jenna`s Journey**

**[www.betterbods.co.nz](http://www.betterbods.co.nz)**