



SEA SLIM

Spruce up your water

Lemon/lime: Adds flavor, vitamin C, and a slew of antioxidants. Limit to 1-2 a day and be sure to rinse your teeth afterwards or sip through a straw to protect your teeth.

Mint: Fresh mint or dried tea, the minty flavor can help curb cravings. Peppermint in particular is great for women with PCOS. Aim for 1-2 cups a day.

Fruit: Fresh, frozen, or dried tea. Fruit can add a lot of flavor. Try orange to curb cravings.

Note: You don't always need hot water to work with tea. For mint or fruit teas, simply add to room temperature water and wait for the water's color to change.

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