



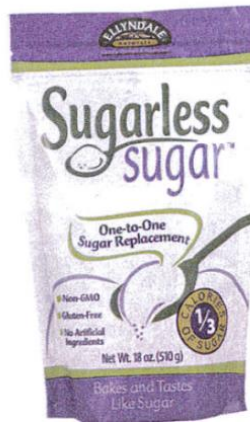
Better Nutrition Magazine

October 2016

hotBUYS / NEW & NOTABLE

Scary-Good Stuff

This October, we found treats worth checking out



◀ A Sweet Deal

Bake and sweeten your favorite foods and drinks just as you would with traditional sugar, but without all of the calories or glycemic impact. **Ellyndale Naturals Sugarless Sugar** tastes—and bakes—just like sugar. Made with a blend of stevia leaf (BetterStevia), erythritol, and inulin, this sweetener can be used confidently in any recipe as a one-to-one sugar replacement—just use an equal amount to substitute for the usual sweet stuff. And sprinkle away in coffee, fruit, yogurt, cereal, and on anything else that you want to sweeten naturally. There are zero grams of sugar and just 5 calories per teaspoon.



2 All-Day Energy

Stay energized throughout the day with **NOW Solutions Put Some Pep In Your Step Uplifting Essential Oils Kit**. The box contains four 100% pure essential citrus oils known to uplift, invigorate, and boost your creativity and joy: Grapefruit, Orange, Lemon, and a Cheer Up Buttercup blend (bergamot, orange, lime, grapefruit, and lemon oils).