Running low on energy?
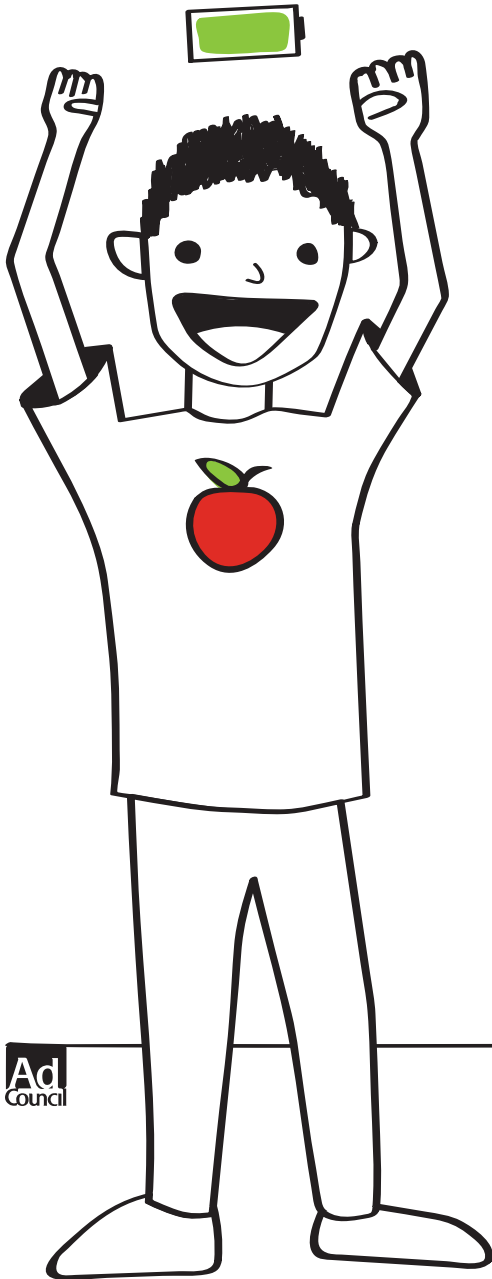
Learn more at
eatright.org/youarewhatyoueat

eat right.®

Poor eating habbits can cause you to crash and feel worn out.

Consuming excess foods high in added sugar or carbohidrates will often result in feeling physically drained.