

# Healthy Breakfast



# START YOUR DAY THE HEALTHY WAY

Choose an F1 Shake for:

**Balanced nutrition:** Provides important vitamins and minerals to help you achieve your Recommended Daily Allowance (RDA).

**Weight control:** Science-based meal replacements like F1 shake, have been shown to be an effective way to help you control your weight, as part of a healthy active lifestyle.

**Protein:** Rich in soy protein, F1 shakes help you build lean muscle mass, along with exercise. By increasing your percentage of lean muscle mass your metabolism is also increased meaning you'll burn more calories - even while you are sleeping!



Location  
<https://w>

## North, Tyne And Wear

Are you having no Breakfast? Are you having a Carbs based breakfast? We will show you the correct way to have a Balanced Nutrition Breakfast at the Nutrition Centre Newcastle. Totally free evaluation, 6 day Healthy Breakfast trial at a low cost! When do you want to start? Please logo to register <http://gmilner0.wix.com/nutrition4u>;



Healthy Breakfast

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<https://www.freadads.co.uk/x-2367>

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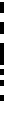
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## Healthy Breakfast

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A black and white QR code is positioned vertically on the right side of the page, with the text "Healthy Breakfast" centered below it.

A QR code is located at the top of the page, with the URL 'https://www.freeadsz.co.uk/x-2367' and the text '62-Z' printed vertically below it.

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