

# Ask about our diabetic program.



Having diabetes isn't easy.  
Losing weight can be.

Improving your diet and losing weight will improve insulin tolerance, balance blood sugar, and help reduce the risk of complications associated with diabetes.

*It's not just what you lose, it's what you gain*

**Herbal Magic®**  
WEIGHT LOSS & NUTRITION CENTRES

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(Sobey's Plaza)

**519-853-8123**

[www.herbalmagic.ca](http://www.herbalmagic.ca)