

চিনির ওপর আস্থা রাখুন  
ঠিকই এমন হয়ে যাবেন!

# NO SUGAR no worry

Modern office life demands more hours at the desk. A typical day is more or less the same for most; people sit at their desks for hours, then sit in their car, sit down for dinner and finally unwind on the sofa. Not only work life, studies and entertainment are all packed inside one screen, making us move around even less. Even children are spending too much time sitting or in inactive postures. This sedentary lifestyle, with little to no activity, has long term bad effects on health and overall wellbeing. And a key point here is that the negative effects of a sedentary workday cannot be undone by exercising afterwards.

While more people are and actively in good lifestyle choices including increased movement and changing food habits to combat the bad effects of a sedentary lifestyle, there is still one lingering issue. It is a seemingly harmless ingredient that makes radical changes to food in terms of taste. But beneath the harmless, white granular form lies one of the largest health concerns of the current century— we are talking about white sugar of course.

Refined, white sugar has had its fair share of bad reputation over the decades. From weight gain to increased risk of heart disease, sugar appears to be the most common factor in hampering quality of life. Not only that, too much sugar can lead to acne as well as a number of skin issues. Yet the taste and flavour it provides is one of the most addictive on the planet, making it hard to give up.

As you search for sugar alternatives that do not add any extra calories and do not compromise on taste, look no

and more  
looking for  
partaking

further than Zerocal! It gives a rich taste to sweet beverages and desserts that does not become bitter afterwards. Its main ingredient, sucralose, is about 600 times sweeter than normal sugar. Not only that, it has no known side effects on health as tested in the last 20 years by over 100 scientific bodies and now has approval from apex regulatory

For a single serving, the sachets, sold in small boxes of 75, 150 or more, are just right. Enjoying your favourite home-made desserts is easier than ever with Zerocal, as you complete the dish by adding zerocal once it is near complete! Serving your guests also will no longer be a guilt trip, and nobody need feel left-out for being barred from consum-

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bodies, as the Zerocal website informs curious readers.

Available as both tablets and sachets, this is the perfect solution for any and all sweetening needs, minus the calories and the bad effects of sugar. You can get Zerocal tablets in packs of 100, in a box smaller like that of tic-tac's. The handy and compact pack size allows you to carry Zerocal wherever you go.

ing sweet goodness. With moderate exercise, a good mix from a variety of food groups and an easy to incorporate sugar substitute, a healthy life is only a few conscious steps away. In case your everyday habits are not as active as you like to be, take the first step with Zerocal towards a better, healthier life.

জিরোক্যাল ট্রাই  
করুন ফিট থাকুন



সম্পূর্ণ ক্যালরি-মুক্ত জিরোক্যাল আপনাকে দেবে পুরোপুরি মিষ্টি খাবারের স্বাদ। তাই, মুটিয়ে অসুন্দর হয়ে যাওয়ার আর কোনো ভয় নেই। কারণ, জিরোক্যাল-এ আছে অনন্য উপাদান সুক্রালোজ, যা চিনির স্বাদ দিয়েও আপনাকে রাখবে সম্পূর্ণ জিরোক্যাল ফিট।

\* জিরোক্যাল সুক্রালোজ থেকে তৈরি। দীর্ঘদিন ব্যবহারেও যার কোনো পার্শ্বপ্রতিক্রিয়া নেই।  
\* রান্নার ক্ষেত্রে একটি স্যাশে এক চা চামচ চিনির সমপরিমাণ স্বাদ দেয়।

চিনির স্বাদ ক্যালরি বাদ

ZEROCAL



টোল-ফ্রি  
কেয়ার জোন ০৮০০০৮৮০০০

স্কয়ার ট্যুলেট্রিজ লিমিটেড



রেসিপি'র ভিডিও  
দেখতে স্ক্যান করুন