

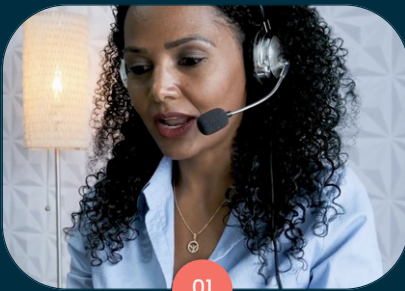
# The Nutrition Support Programme



## We Support 45+ Condition Pathways:

- Allergies
- Blood Pressure
- Blood Sugar
- Bone Health
- Brain & Memory
- Cholesterol
- Digestion
- Energy & Fatigue
- Heart Health
- Menopause
- Oral Health
- Stress & Anxiety

& many more



01

Ask the Expert



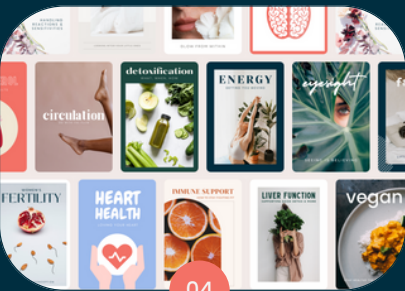
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Rate the Plate



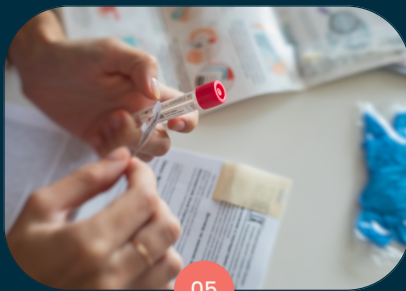
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Health Talks



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Article Library



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Health Tests



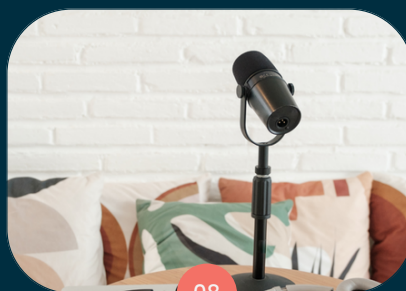
06

Nutrition Consultations



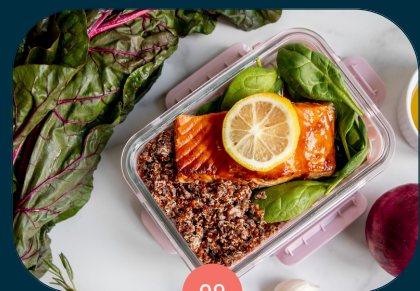
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Supplement Directory



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Podcast



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Recipes