

## NESTLE PRONOURISH® DIGESTIVE WELLNESS DRINK NOW AVAILABLE IN CHOCOLATE!- [ASAMPLINGBEE.COM](http://ASAMPLINGBEE.COM)- MELISSA BERNARDO

Do you want to take control of your digestive sensitivities? If so, try Nestlé Health Science ProNourish® Drinks. They are a snack or mini-meal that is formulated to avoid certain ingredients that can trigger digestive discomfort. Nowadays, we all live busy, active lifestyles and the last thing we need is digestive discomfort getting in the way. Nestlé has created this nutritional drink to help with these discomforts and side effects from food intolerances. ProNourish® is now available in Chocolate!



These drinks are formulated to be low in FODMAPs (**F**ermentable **O**ligosaccharides, **D**isaccharides,

**Monosaccharides And Polyols**) as well as other ingredients that may trigger digestive discomfort. FODMAP is an acronym for a specific group of carbohydrates that can be difficult for some of us to digest. These types of carbohydrates can be poorly absorbed and can cause bloating, severe abdominal pain, gas, constipation, or diarrhea. Diets that are low in FODMAPs may reduce these symptoms. If you are dealing with digestive sensitivities, it could be FODMAPs that are causing your discomfort.

ProNourish® Digestive Wellness Drinks contain 15 grams of high-quality protein, 27 essential vitamins and minerals and 3 grams of fiber. One 8 fluid ounce serving is 170 calories and contains only 6 grams of sugars. ProNourish® is gluten-free, and they do not contain any sugar alcohols, artificial colors or high fructose corn syrup. Suitable for those who suffer from a lactose intolerance.



**How ProNourish® has helped me**

Drinking one ProNourish® a day as part of a low FODMAP diet has eased my stomach discomfort, bloating and gas. Some days, I feel like my stomach is so uneasy and I'd do anything to make the discomfort go away. I have tried special diets, other drinks, but nothing seems to help quite like ProNourish®. I love the newest chocolate flavor. I love it's taste because it tastes just like a milkshake! This drink fits my dietary needs because it allows me to follow a diet that's low in FODMAPs. ProNourish® contains the nutrients that I need to keep me full in between meals. It's is an everyday drink that can be enjoyed on-the-go, for lunch, breakfast, or as a snack.

*This is a sponsored post by Nestlé Health Science ProNourish® Drinks. and I received free products, but the content and opinions expressed here are my own.*