



Table sugar - brown and white sugar is NOT the body's sugar. They are just sources for body sugar, just like flour. **BODY SUGARS** aka the petrol for the engine in the body.

Glucose, Fructose, Galactose.

You need to glucose the main body sugar when you are ACTIVE

**Working,
Playing,
Dancing**

WHEN ACTIVE

**WORK
AND
PLAY**

