

iVillage

## Conquer Your Cravings



Daily Tip for Friday, October 20, 2006

### Find an Alternate Energy Source

Take some Harvard research scientists, add a cofounder of Balance Bar and what do you get? [FRS](#), a new line of powerful antioxidant drinks and chews that can also have an impact on curbing cravings. Formulated to increase energy, sharpen mental focus and provide antioxidant protection, FRS (which stands for "Free Radical Scavenger") comes in a variety of smoothie, drink concentrate and gummy-chew flavors, including orange and berry. There's a low-calorie option too. Key ingredients include C, E and five B vitamins, plus catechins from green tea, and quercetin, which is typically found in the skin of apples, grapes and red onions. Because a serving of FRS has been found to safely boost energy and alertness within 30 minutes of taking it in, it's also the perfect healthy alternative to afternoon pick-me-ups like candy, cookies and coffee. Forget the sugar high -- this baby imparts a natural buzz.

Have a BF who'd like FRS? Pass on this email.