

SO Y?

Because looking good inside and out shouldn't turn your life upside down.

When it comes to looking after yourself, a sensible approach is to start making small, healthy changes to your lifestyle. And a great start is a switch to Vitasoy Light. Weighing in at a very trim 99% fat-free, Vitasoy Light has 56% less calories than regular soymilk. It's also low in sugar and has a low glycemic index. And, naturally, Vitasoy Light is made using non-genetically-modified, whole organic soy beans. So now you can lighten up on calories, without giving up on great taste.

Vitasoy
The Soy Experts

