

Twitter Thread by Pastor 't.O.s.l.n. Olunuga



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TigerNuts & Co

Will you still continue taking all those unhealthy fizzy drinks when u have a better alternative?

Tigernuts, packaged with other choice fruits is your best option, or perhaps, a better alternative

Healthy ✓ ■ Great immune boaster ✓ ■

Great Stimulant ✓ ■ Great source



of calcium✓■

Great laxative✓■ Helps lower blood sugar✓■

Stimulates digestive system✓■ Helps libido✓■

Rich in fibre✓■ Whole meal✓■ Smoothie✓■

Milkshake✓■ Treats insomnia✓■ Nutritious✓■

Added Sugar■ Preservatives■

Added Sweetener■ For kids✓■ For adults✓■

Elderly✓■ With Cereals✓■ With