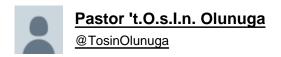
## Twitter Thread by Pastor 't.O.s.l.n. Olunuga





## 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 Sweetner■For kids ✓■For adults ✓■

Elderly ✓ ■ With Cereals ✓ ■ With