



**FEATURE DIGESTIVE BITTERS AT YOUR HOLIDAY TABLE!
(Psst! 15% Off at Brighter Day Natural Foods)**

Herbal experts say bitters seem to support healthy digestion in general. The bitter flavor signals the liver and gallbladder to release their digestive enzymes, and may benefit appetite control by controlling cravings.

**Herbal Moonshine Bitters are available at
Brighter Day Natural Foods, 1102 Bull Street
(912-236-4703)**