



# Fit and Energised Ramadan

Ramadan is about balance, both physical and spiritual.

**Life Cinch®** supports **weight management** and **satiety** without skipping *sahur* or *iftar*:



Helps **portion control**



Keeps you **satisfied** longer



Supports **lean muscle** as your body adapts to fasting



## Smart Indulgence

**Cinch® Salted Caramel Shake**, your Ramadan guilt-free treat:

**Rich, indulgent flavour**  
perfect for *moreh* cravings

Keeps your weight goals in check with **16g of high-quality soy protein**

Powered by **Leucine®** to help preserve **lean muscle**

**This Ramadan,  
Fuel Smarter,  
Feel Sharper.**

