

## No more spinach-in-the-teeth moments

A recent survey conducted by Perrigo Oral Care showed that well over half (58%) of Americans say that they always keep a flosser or floss pick on hand to reduce the chance of an embarrassing “food-in-teeth” moment. Plackers to the rescue.

Plackers’ EcoChoice Flossers are designed to reduce the amount of plastic that ends up in oceans and landfills. Made with responsibly sourced food-grade recycled plastic, these cruelty-free and BPA-free flossers will also gently clean between your teeth while also caring for the planet.

Plackers flossers are made with Super Tuffloss, engineered not to stretch, shred or break and also feature a fold-out toothpick to help get rid of food debris in hard to reach places. They have a fresh mint flavor.

Available at Target, Walmart, Walgreens, Publix and Amazon. Package 90 goes for about \$12 at Walmart. More at <https://www.plackers.com/>



## Keep that New Year’s Resolution



There are lots of protein powders and supplements on the market, but none, specifically formulated by women, for women. Many women may experience side effects from their sports nutrition supplements as most aren’t formulated for women. Bloating, headaches, indigestion are just a few of the unpleasant side effects experienced.

A new sports nutrition company composed of 90% women, aims to change that with its new line of supplements. PRTEL products offer: protein powders, pre-workout energy powders, post-workout and recovery powders and immune support & hydration powders. Their ESSENTIAL Fortified Whey Protein Powder comes in French Vanilla and Dark Chocolate. It contains 20G of protein, vitamin D3, magnesium, iron, healthy fats and carbs. It’s gluten-free and informed-sport certified: banned substance tested. Visit <https://www.prteproducts.com/pages/about>

## Cool Cat Wine Spritzers

Cool Cat, a line of low-calorie wine spritzers, has two new flavors – Berry and Grapefruit – for purchase online and in stores. The new flavors join the lineup of Original (Elderflower Mint Lime) and Citrus.

The naturally flavored spritzers feature a base of California Pinot Grigio, cane sugar, and are naturally gluten free. At 6.9% ABV they are a better alternative to many other alcoholic beverages, containing just 150 calories and two carbohydrates per 12-ounce can.

Cool Cat can also be poured over ice or used as a mixer in cocktails. The spritzers are also ideal while on the go – they’re portable; recyclable; park, beach and festival friendly; and provide more bang for the buck than a traditional bottle of wine. The suggested retail price for a 4-pack of 12oz cans is \$15.99.



All four spritzers are available for purchase online at [www.drinkcoolcat.com](http://www.drinkcoolcat.com) and in stores in New York, New Jersey, Connecticut, Florida, and Georgia. To find a store near you, visit <https://drinkcoolcat.com/pages/find-us>.

## Oh, and of course, there’s Valentine’s Day



Chocolates? Of course! Why mess with delicious tradition on Valentine’s Day? Sugar Plums collection of Valentine’s Day gifts includes chocolate drenched pretzels, matterhorn chocolate gift basket, milk chocolate covered peanut butter crackers in beautiful heart shaped gift boxes, chocolate lovers gift tray, broken heart chocolate pizza with mallet (featured here), and their iconic wine box truffle assortment.

Chocolate Heart Pizza is a unique treat that’s a solid milk chocolate heart topped with a festive assortment of chocolate candies and finished with a white chocolate drizzle. Every Chocolate Heart Pizza comes with a wooden mallet, so you can feel free breaking this heart into bite-sized bits knowing it’ll never return the favor! Retail: \$40. (Also available on Goldbelly and Uncommon Goods)

There are no issues shipping to Florida; Sugar Plum ice packs any shipments going to warm weather destinations. Visit <https://www.sugar-plum.com/blogs/sugar-plum-blog/valentines-day-gift-guide>

## Light Therapy

The Allay Lamp emits a soothing, natural glow that calms the brain to ease stress, reduce anxiety, and create better, longer sleep. The light is made up of different color waves, including red, blue, yellow and green. These light waves are transmitted through electrical signals in the eye that then activate brain function, including sleep, mood, and so on.

From the “up and down every hour” sleep patterns of newborns looking for their next meal to the sense of being overwhelmed and stressed that comes with parenting any age child, insomnia is a problem for moms



and dads. However, by using the Allay Lamp in all bedrooms, families can have a low stress, minimal sensory disruptive environment that will help every member of the family to fall asleep and stay that way. In addition, expectant and nursing moms will like the fact that the Allay Lamp offers non medicated relief from headache and migraine pain.

The Allay Lamp is available online via their website <https://allaylamp.com/> or on Amazon.