

New Year's Resolutions Planning Rarely Starts on January 1st

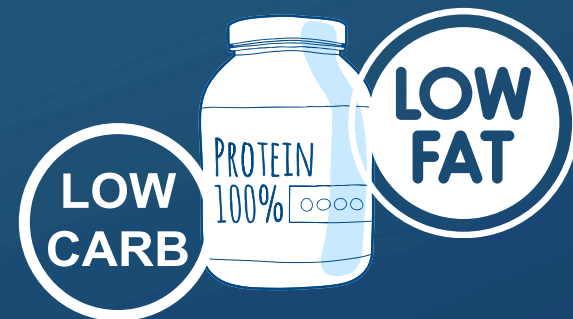
When we see an increase in consumers adding New Year's Resolution themed items to their shopping lists.

THE NEW YEAR



HEALTHY LIFESTYLE

Vitamins, supplements
melatonin, etc.



EXERCISE & WEIGHT LOSS

Protein shakes, low carb,
low-calorie items, etc.



QUIT SMOKING

Nicotine patches, gum,
stop smoking aids, etc.



DIET DRINKS

Diet soda, kombucha,
sparkling water, etc.



HEALTHY EATING

Superfoods, vegetables,
salad, avocados, fruits, etc.

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ADAPTED