



Tuesday is

**PRICE\$
DAY**



Is drinking milk at night a good idea?

Drinking milk at night is not such a bad idea after all! As it turns out, it helps you sleep better by inducing the production of the right hormones. Harnessing the power of tryptophan, and its subsequent melatonin and serotonin, drinking milk at night helps promote restful sleep. However, it might not be such a good idea for people trying to lose weight to drink milk at night as it can add to the extra pounds. It could also be a hassle for women with hormonal imbalances if they do not drink it in moderation (healthshots).

Milk is a price controlled good and retails as follows:

Item	Size	Price
Omela Evaporated Milk	160g	\$1.70
Cardinal Filled Green Evaporated Milk	170g	\$1.45
Cardinal Full Red Evaporated Milk	170g	\$1.50
Eve Evaporated Milk	170g	\$1.58
Dutch Lady Evaporated Milk	170g	\$2.07
Distinction Evaporated Milk	170g	\$2.14

**For more information on price control goods contact
Prices and Consumer Affairs Division
462-0834 | Hotline/whatsapp 464-4238**

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