

Did You Know?



There are **trillions of bacteria and other microorganisms inside our intestine**, collectively known as the gut microbiome.



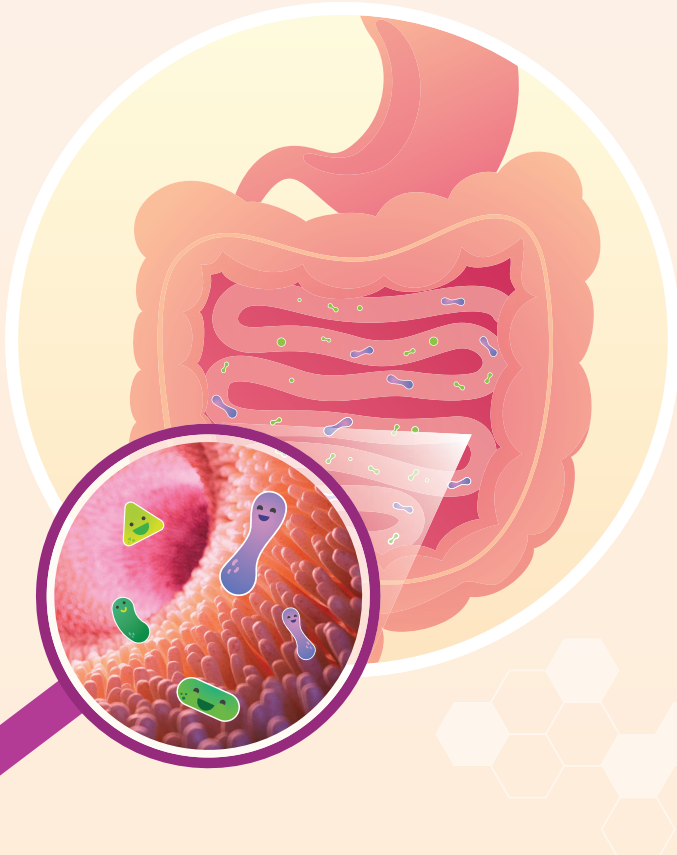
These bacteria **help break down food**, turning it into nutrients your body can use, and also help **protect against harmful bacteria**.



A healthy and balanced gut microbiome is **crucial for your overall health** including **weight management**.



It is important to **provide your gut with prebiotics and fibres** to promote a well-balanced gut microbiome.



The Keys to Weight Management



Appetite and food intake control are keys to in maintaining a healthy weight and combating weight gain and obesity

However, food cravings can occur sometimes, making it challenging to control food intake.

Food cravings can lead to overeating, resulting in weight gain and other health problems.





Meet the 'Slimming Bacteria' Akkermansia Muciniphila (AKK)

Akkermansia Muciniphila (AKK) bacteria is a type of bacteria that resides in your large intestine.

It is responsible for strengthening the gut lining and for supporting healthy weight.

Factors Affecting AKK Bacteria



Age, obesity, metabolic disorders, and low intake of fibre and polyphenols can reduce AKK levels.



Prebiotic foods (like fruits, vegetables and whole grains) **nourish AKK bacteria** and increase its abundance.

Better Health



AKK bacteria makes up **3-5%** of the entire **gut microbiome** in healthy individuals.



AKK bacteria thrives in those who are **lean and healthy**.



Benefits of AKK Bacteria

Improvement on weight management & metabolic disorders



Appetite, body weight



Fat mass

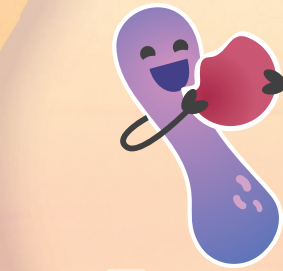
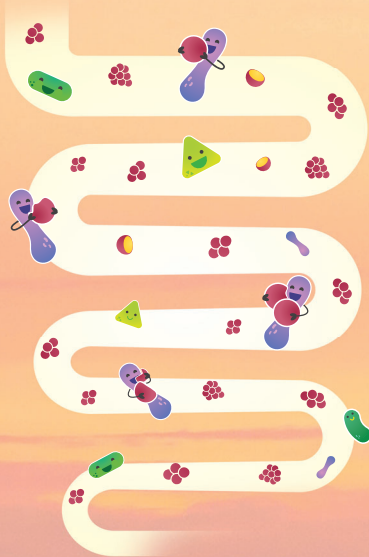


Blood glucose



Gut integrity

Introducing Nutralite Mixed FOS with Grape Ferment



 **nutralite™**

**mixed FOS with
grape ferment**

- No artificial colours or flavours
- No preservatives added
- Suitable for vegetarians
- Gluten free

50g (5g x 30 stick packs)

Delivering Results **You Can Feel**



Prebiotic Fibres (Food Source)

Promote the Growth of AKK Bacteria

Appetite Control

Key Ingredients

2 Soluble Fibres + Grape Ferment



Fructo-Oligosaccharide (FOS)

Boost the growth of beneficial gut bacteria.²



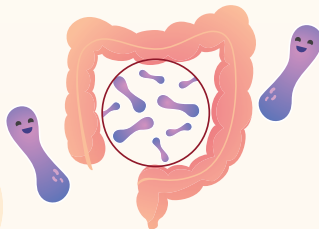
Indigestible (Resistant) Maltodextrin

Helps reduce oxidative stress in the intestinal cells.³

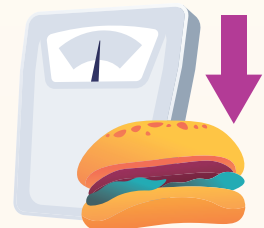


Grape Ferment

Packed with antioxidant properties.⁴



- Increase the release of GLP-1 (glucagon-like-peptide 1), a hormone that signals satiety to the brain



- Promote the feeling of fullness
- Reduce food intake
- Reduce weight and body fat

The Prebiotic for a **'Slimmer' You**



**Promotes Abundance
of Akkermansia
Muciniphila (AKK),
The 'Slimming'
Bacteria**



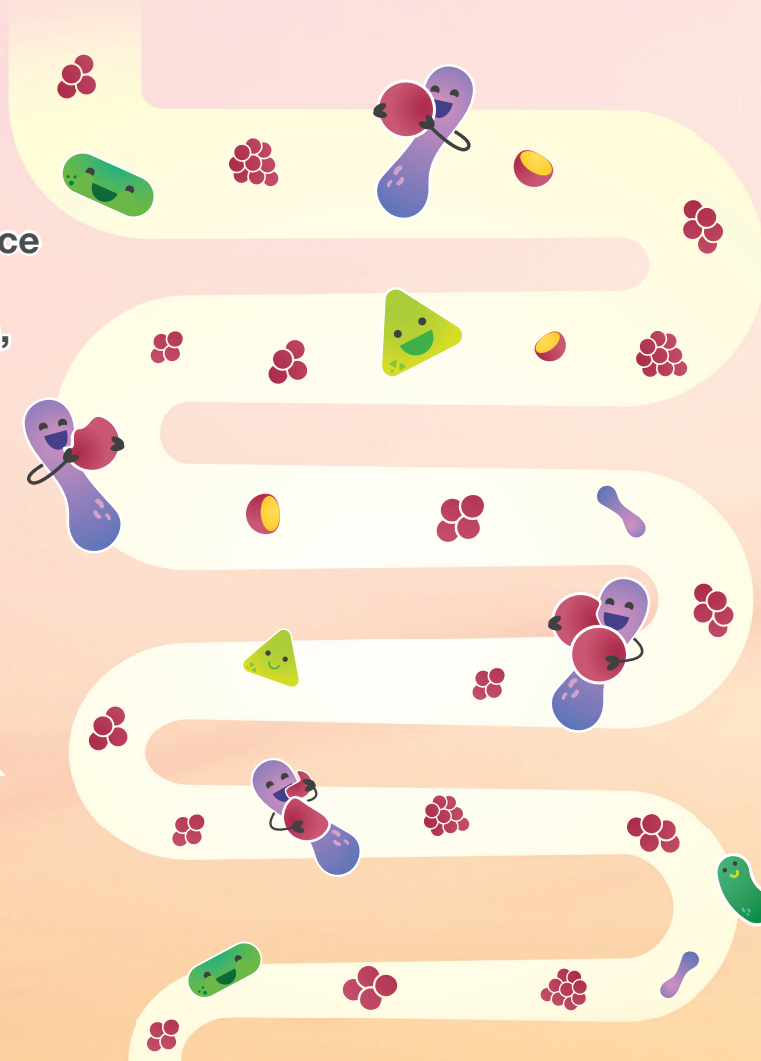
**Supports
Healthy Weight &
Gut Integrity**



**Appetite
Control**



**Delectable
Taste**



NEW!

 **nutrilite™**

**mixed FOS with
grape ferment**

- No artificial colours or flavours
- No preservatives added
- Suitable for vegetarians
- Gluten free



150g (5g x 30 stick packs)



The Holistic Solution for Sustainable Weight Management



NEW!



MAL12095029N

References

- [1.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8161007/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8161007/)
- [2.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6223323/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6223323/)
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