

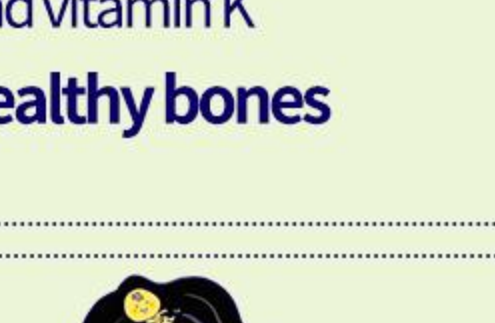
The Hot Knowledge of Nutrients

“Eating” as a Technical Art for Health

The Power of Seven Essential Nutrients: Strength in Unity

Protein + iron + folic acid + B vitamins and vitamin C

Preventing anaemia

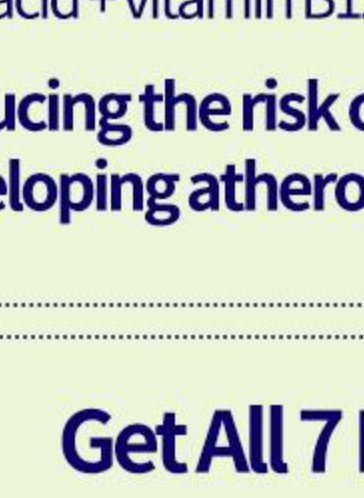
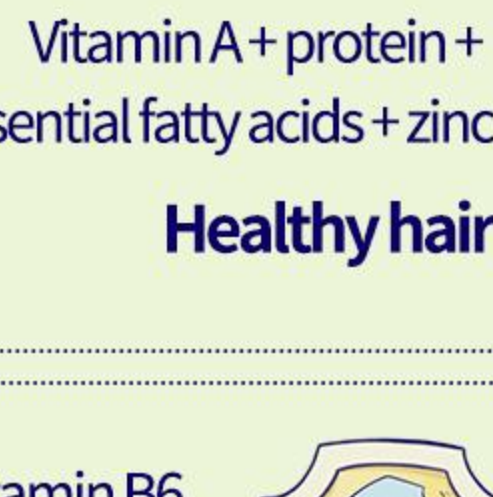


Vitamin A + B vitamins

Promoting skin health

Calcium + vitamin D + vitamin C and vitamin K

Healthy bones



Vitamin A + protein + essential fatty acids + zinc

Healthy hair

Folic acid + vitamin B12 + vitamin B6

Reducing the risk of developing atherosclerosis

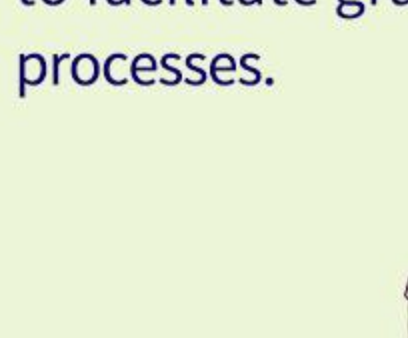
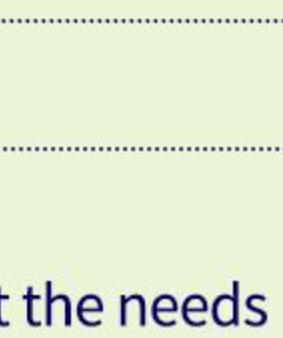


Get All 7 Key Nutrients for Optimal Health

Eat Adequately to Meet Your Body's Nutrient Needs

Short-term savings

★ To ensure normal bodily functions, the nutrients we ingest must compensate for what's being expended.

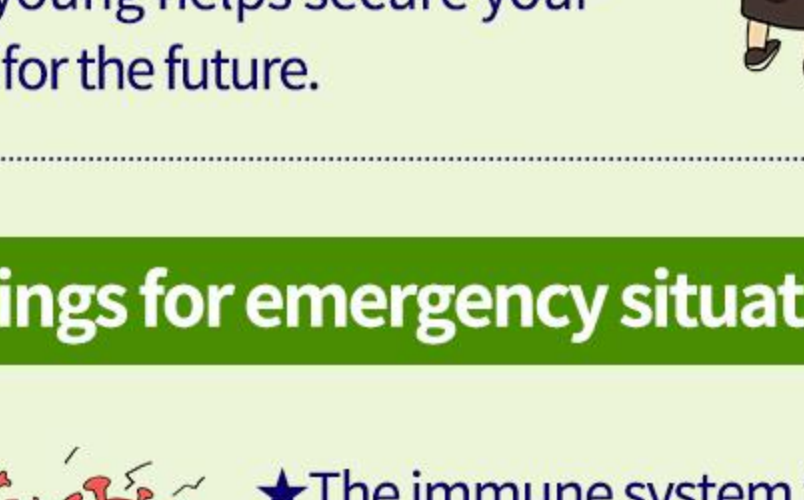


★ **Staying up late**

increasing consumption of vitamins A, C, and E

Long-term savings

★ Our body stores nutrients to meet the needs of fundamental growth and development, and to facilitate graceful ageing and anti-ageing processes.



★ Lacking calcium + vitamin D and protein → Accelerating the loss of muscle mass and bone density in old age.

★ Building adequate nutrient reserves is the key for long-term health and well-being. Ensuring you have sufficient nutrients while young helps secure your health for the future.



Savings for emergency situations



★ The immune system fights off harmful bacteria and viruses by using stored proteins, vitamin C, vitamin B6, and a variety of antioxidants.

Optimal health starts with a solid foundation of good health.

Three keys to unlock the door to nutritional health



"Eat a Balanced Diet"

Getting all kinds of nutrients



"Eat Adequately"

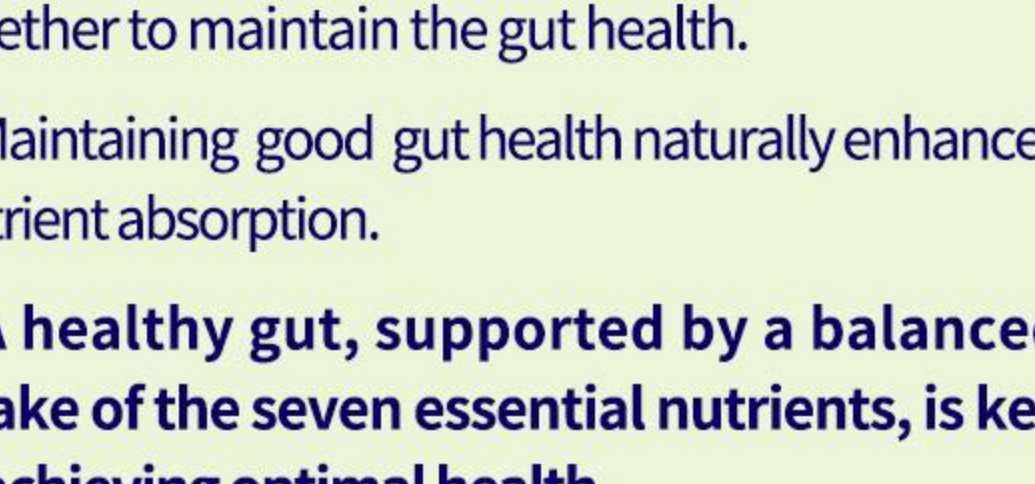
Meet the body's need for nutrients.



"Do It Consistently"

Long-Term Commitment to Healthy Eating

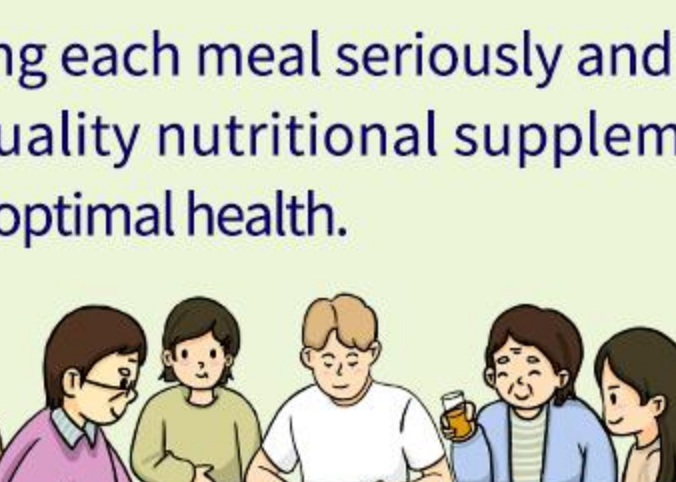
The trio that supports gut health



★ Just like the synergy between vitamins and minerals, these gut health trio also like working together to maintain the gut health.

★ Maintaining good gut health naturally enhances nutrient absorption.

★ **A healthy gut, supported by a balanced intake of the seven essential nutrients, is key to achieving optimal health.**



Maintain a Balanced Diet Every Day

★ Taking each meal seriously and choose high-quality nutritional supplements to ensure optimal health.



“Optimal Health with 7 Key Nutrients”

