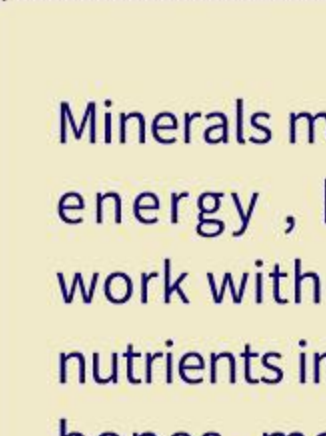




Hello,
I'm minerals.

The Hot Knowledge of Nutrients

The "Grandmasters" in Your Body



Minerals:
"the spark of life"

Minerals may not provide energy, but they can work with other organic nutrients in strengthening bones, maintaining the pH balance and regulating metabolism



Distribution of minerals in the body

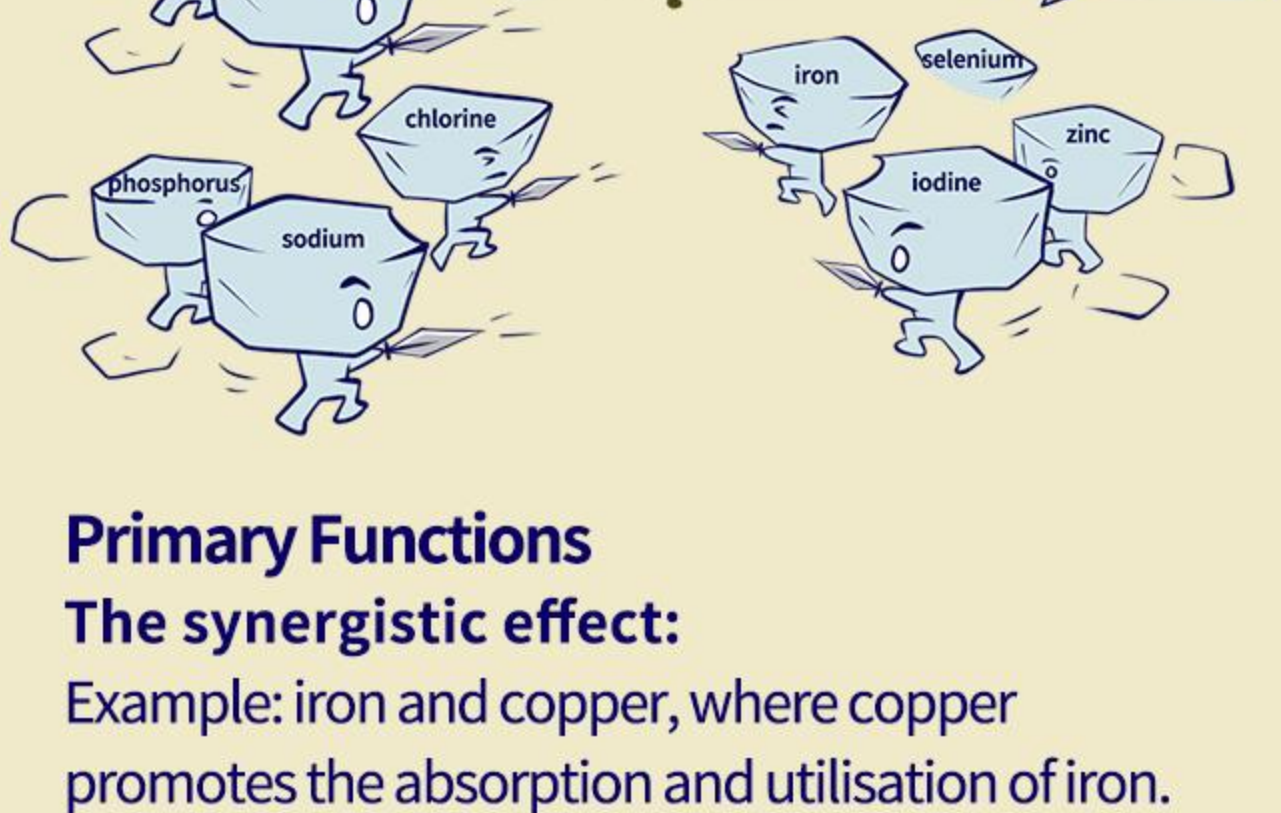
Macrominerals: the foundation of a healthy body

60% ~ 80%

calcium, phosphorus, potassium, sodium

sulfur, chlorine, magnesium

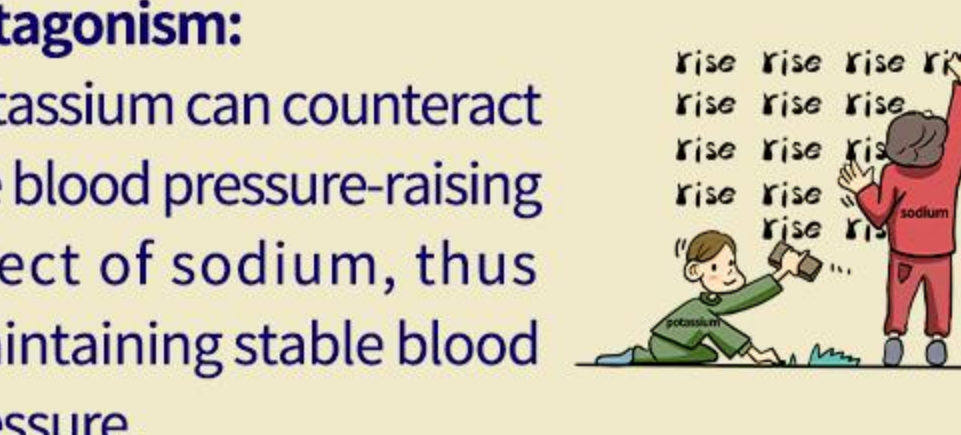
Microminerals: with a content of less than 0.01%, such as iodine, iron and zinc, but playing crucial supporting roles to macrominerals.



Primary Functions

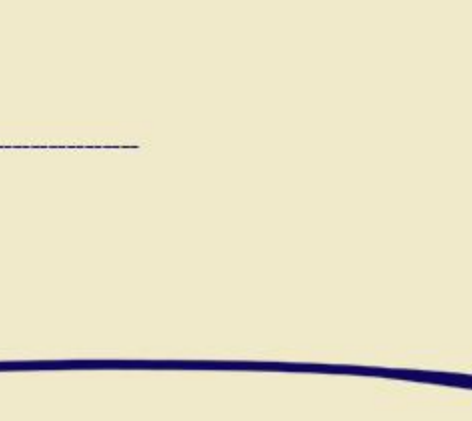
The synergistic effect:

Example: iron and copper, where copper promotes the absorption and utilisation of iron.



Antagonism:

Potassium can counteract the blood pressure-raising effect of sodium, thus maintaining stable blood pressure.



Nutritional Deficiency:
inadequate intake of minerals in Malaysia.

©Minerals cannot be produced by our bodies, so we must rely entirely on our daily diet to obtain them. However, not everyone meets the recommended intake levels.

©The intake status

Inadequate intake of calcium and iron:

According to MANS 2014, the intake of calcium and iron was found to be the most inadequate, particularly among women. More than half of the adult population had calcium intakes of less than half the recommended 1,000 mg/day.



Anaemia issue:

Especially in women within the reproductive age group, younger and older Malaysians.

The statistic showed 30% of women within the reproductive age were anaemic.



Secrets to Mineral Supplementation:
Achieve Optimal Health in One Step

Suggestions for supplementation:

A balanced diet: Vegetables, fruits, meat and milk contain abundant minerals.

Nutritional Supplementation: taking minerals according to individual needs and choosing trustworthy brands.



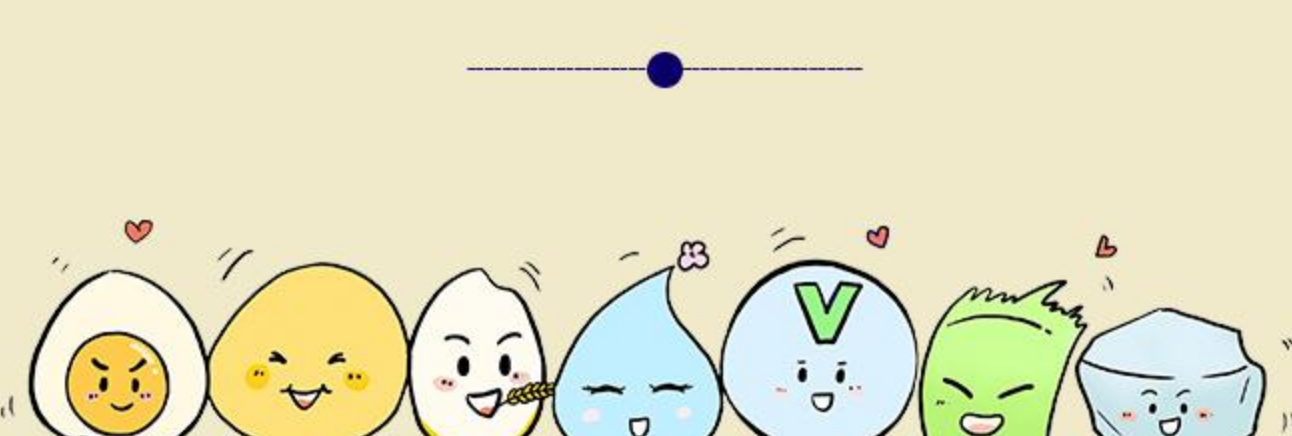
Principles for supplementation:

Adequate intake: The intake of minerals should maintain a "supply-demand balance," avoiding both excess and deficiency.

Personalized adjustment: Adjusting mineral intake based on age, lifestyle habits, and health status.



Minerals, with their subtle influence, maintain a balanced health and strengthen overall well-being.



"Optimal Health with 7 Key Nutrients"