



# Making Life Tension-Free!

Complement for Health Betterment





# Nothing Grace in Greasy!

Fried chicken? Deep-fried fish? Fatty meat? Full fat cheese?  
Instant foods? Salted fish? Canned foods?



## RED ALERT!!!

If you find yourself chomping on these foods frequently,  
bad news is underway!!!



There is no doubt that the emergence of new food options and cuisines today creates a far larger parameter in choosing what we want to eat.

In fact, as the day starts off busy, we tend to resort to chomping on instant foods that are oily and unhealthy, in the name of getting ourselves filled quicker and easier.



# 'Disguise in Blessing'

Despite the extensive availability of food in the modern world today, the bitter truth is that we always turn a blind eye to the fact that consuming oily foods may compromise our health from the inside.



The condition becomes severe if the habit is further accompanied by unhealthy lifestyles such as:

Physical Inactivity



Smoking

Extreme Stress



Sleep Late After Midnight

# Millions are at Risk!!!

According to National Health and Morbidity Survey (NHMS) 2019:



**4 out of 10**  
**(8 million)**

adults in Malaysia have  
high cholesterol levels



**3 out of 10**  
**(6.4 million)**

adults in Malaysia have  
high blood pressure

If left untreated, you are at risk of developing heart attack, stroke and other cardiovascular diseases (CVDs)!

To make it worse, CVDs are the leading causes of death in Malaysia!





# Are you in the green zone?

## Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION STAGE 1)	130-139	or	80-90
HIGH BLOOD PRESSURE (HYPERTENSION STAGE 2)	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (CONSULT YOUR DOCTOR IMMEDIATELY)	HIGHER THAN 180	and/or	HIGHER THAN 120

## Cholesterol Categories

Total Cholesterol mmol/l



HDL Cholesterol mmol/l



LDL Cholesterol mmol/l



Triglycerides mmol/l





# Forget the **Food Hype**, Improve your **Food Type**!

Enjoy the Taste of Eating Right

Cordiant™  
Sweet Orange  
Peel Extract



Lipophytol®  
Pine Tree  
Phytosterols



ABG25+®  
Aged Black  
Garlic Extract

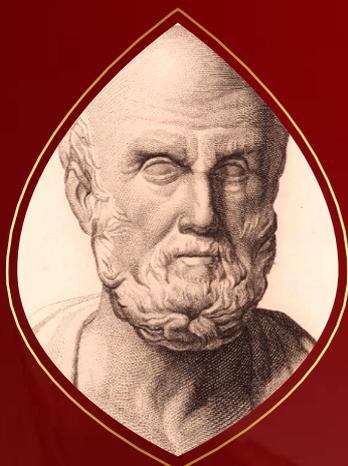


# Garlic, Versatility in Universality



Garlic is indeed one of the universal ingredients which has seen numerous uses in culinary and cuisine. In fact, garlic was first discovered 5,000 years ago when the Giza Pyramids were built.

Moreover, it was mentioned in the Al-Quran scripture, Surah Al-Baqarah, verse 61, which emphasises the types of food that Allah provided for humankind.



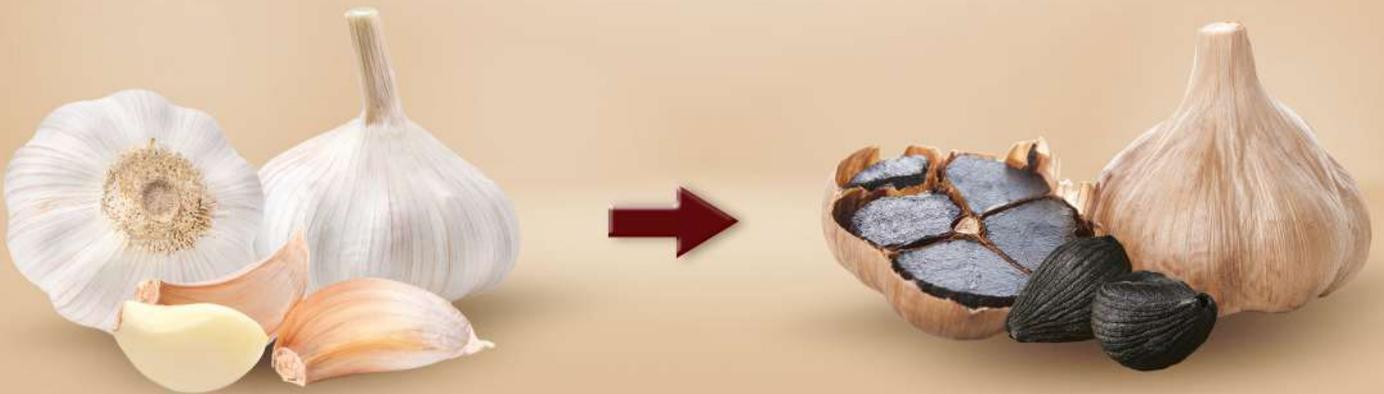
Hippocrates, well-known as “the Father of Western Medicine”, prescribed garlic for a multitude of conditions and diseases. It was noted that garlic was used to promote the treatment for respiratory problems, parasites, poor digestion and fatigue.





Eating right with  
**ABG25+<sup>®</sup>**  
Aged Black Garlic Extract

**Ageing Process**

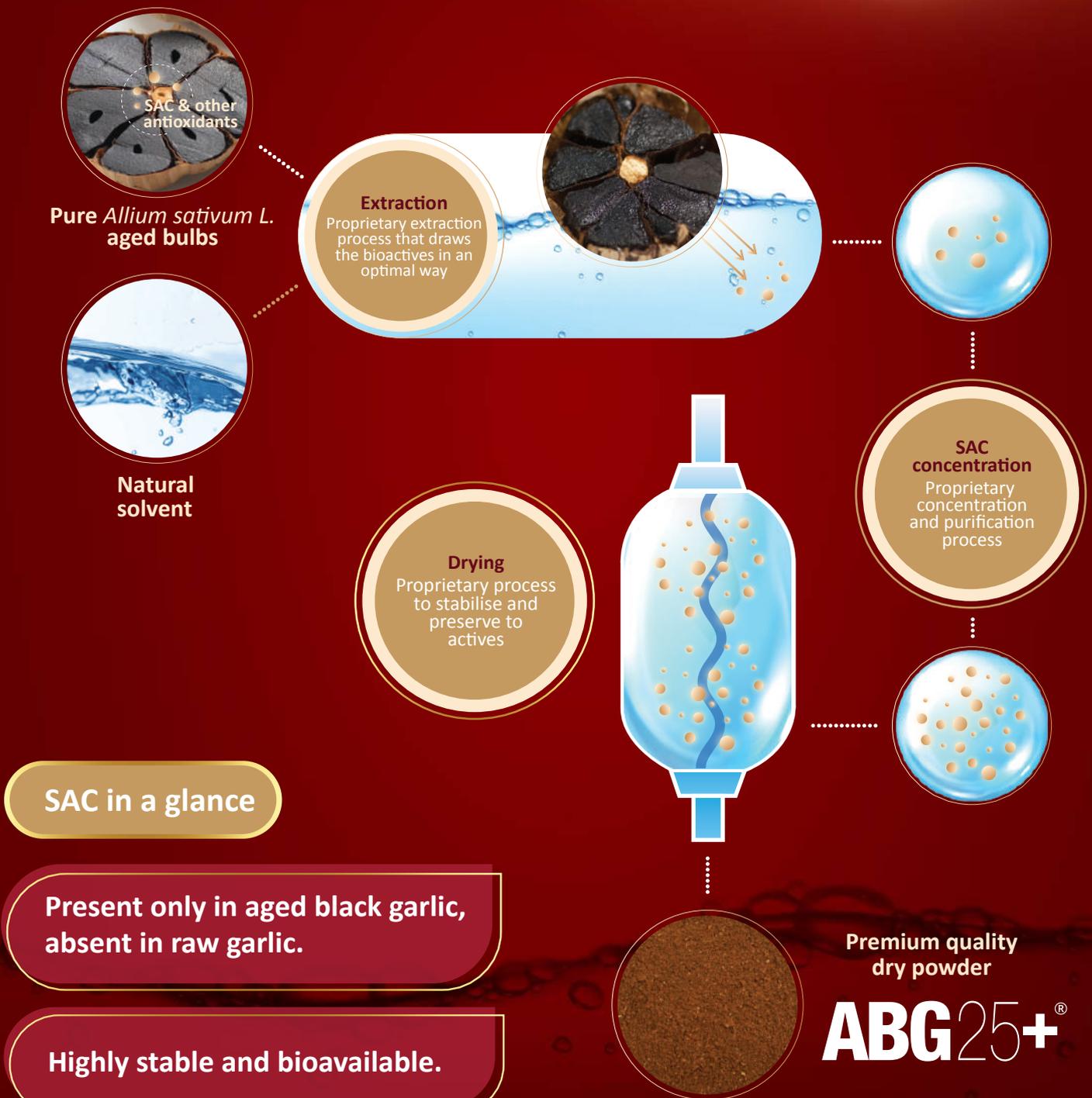


**ABG25+<sup>®</sup> Aged Black Garlic Extract is a branded ingredient, produced through ABG Cool-Tech<sup>™</sup> technology from Pharmactive Biotech Products, Spain to optimise the bioactive compound S-Allyl Cysteine (SAC) extraction and bioactives preservation.**

**Premium quality aged black garlic (*Allium sativum L.*) cultivated in specially selected fields located in Castilla la Mancha, Spain using traditional growth and harvesting methods which preserves overall functions of SAC at its optimal level.**



# ABG Cool-Tech™ High-Powered Extraction Process



## SAC in a glance

Present only in aged black garlic, absent in raw garlic.

Highly stable and bioavailable.

Superior antioxidant capacity; 25-fold higher than raw aged black garlic extract.

**ABG25+®**



Three-way optimality

**ABG25+**<sup>®</sup>

Aged Black Garlic Extract



Promote nitric oxide release, resulting in dilation of blood vessels and blood circulation improvement

Reduce bad cholesterol and triglyceride levels and increase good cholesterol levels

Reduce oxidative stress



## **Peel Good Factor:**

**Cordiart™ Sweet Orange Peel Extract (*Citrus Sinensis*)**

**Aside from orange juice, did you know orange peels possess a wide variety of health benefits?**

**In traditional Persian medicine, it was recorded that orange peel, including its blossom, are used as neuroprotective and antidepressant agents. Additionally, they are thought to be useful for gastric disorders and are gastrotonic (gastroprotective).**

**Cordiart™ Sweet Orange Peel Extract is a patented ingredient by BioActor, from the Netherlands, containing natural rutinoid extract from sweet orange peel.**

**The concentration is high at which it is standardised to 90% hesperidin (60% S-Isomer), resulting in excellent bioavailability and rapid uptake within 15 minutes of consumption.**





# Healthy Blood Circulation through Triple Actions

Improves blood pressure by enhancing arterial flexibility.

Reduces plaque formation and platelet aggregation by lowering circulating adhesion molecules.

Protects against vascular inflammation by reducing circulating inflammatory markers.



# Legend of the Land

## Lipophytol® Pine Tree Phytosterols

Plant sterols, or scientifically known as Phytosterols, emerged in the health industry 70 years ago and shown to be effective in helping to reduce cholesterol levels in human body.

Over the decades as technology underwent massive development, scientists and researchers maximised their effort to identify various health benefits in phytosterols which led to biggest changes in pharmaceutical industry as there was an increased demand for plant-based sterols.

Such findings had successfully made it possible to expand the market extension for phytosterols to a wider parameter as functional foods in the industry today.

### Info check-in:

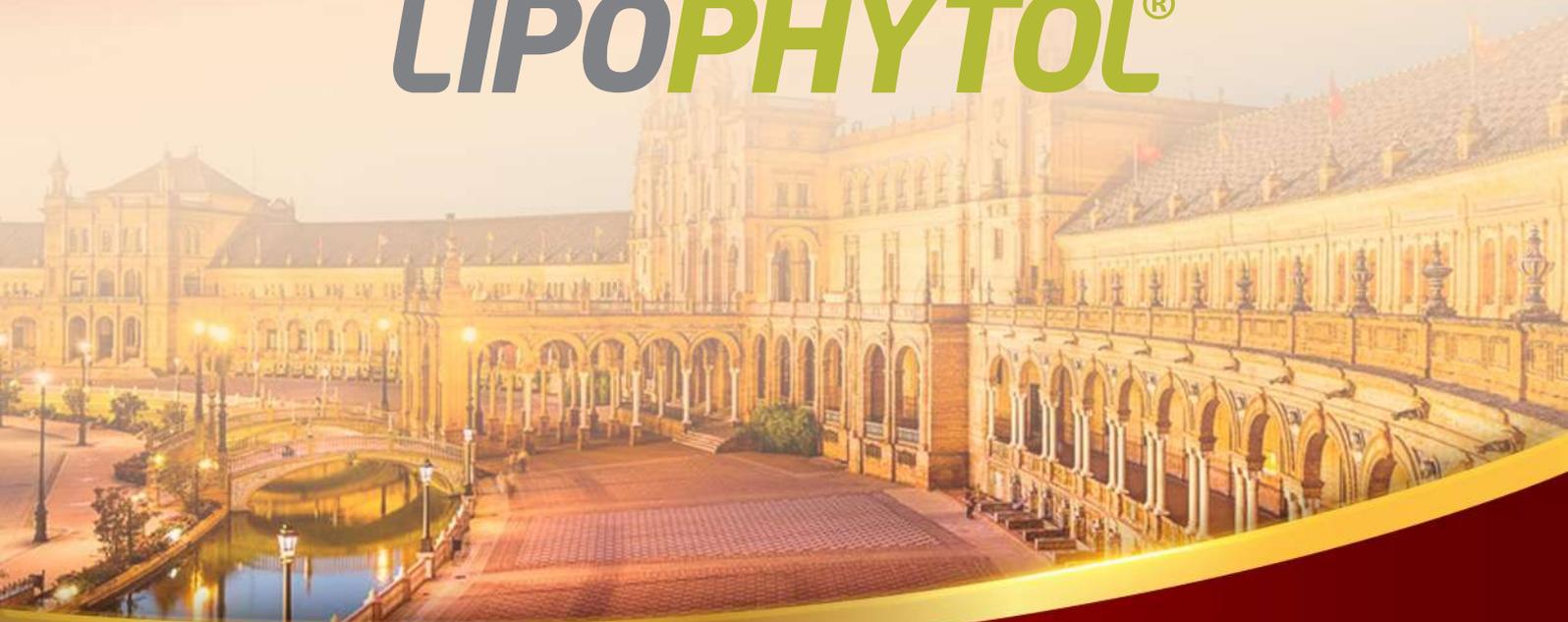
Phytosterols are a type of compound found in vegetables, fruits, nuts and trees.





# ¡Hola from España!

## **LIPOPHYTOL<sup>®</sup>**



**Lipophytol<sup>®</sup> Pine Tree Phytosterols is a branded ingredient from Lipofoods Nutraceutical Ingredients, Spain which has been microencapsulated from pine trees for cholesterol reduction.**

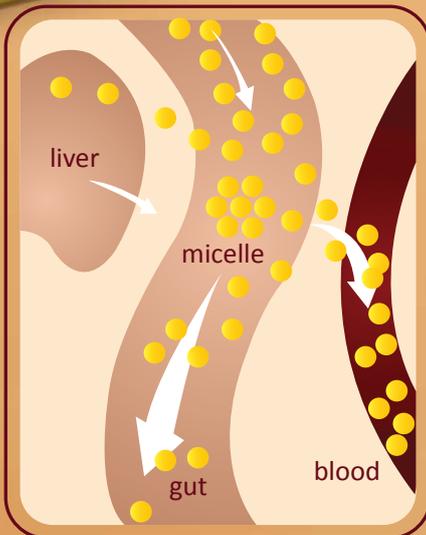
**Phytosterols are scientifically recognised to have cholesterol lowering properties and this patented ingredient is standardised to 90% phytosterol content for optimum results.**

**Thanks to the microencapsulation technology, it is also systemised to have a unique delivery performance which will increase dispersibility of phytosterols in foods and beverages, improve bioavailability and enhance bioactivity.**

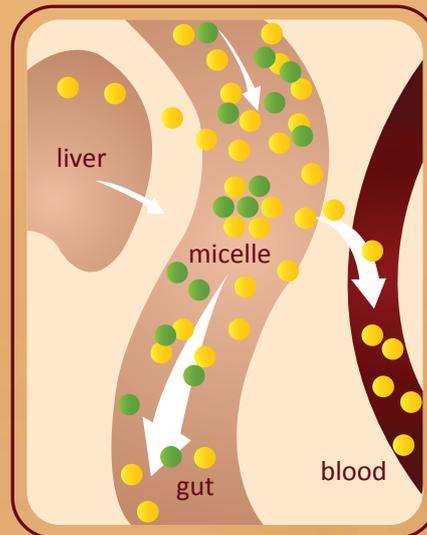




# Phytosterols VS Cholesterol



More cholesterol absorbed  
=  
Higher blood cholesterol levels



Less cholesterol absorbed  
=  
Lower blood cholesterol levels

● Cholesterol ● LIPOPHYTOL®

Phytosterols are the component that will aggressively compete with cholesterol for the space in micelles, causing the unabsorbed cholesterol to be expelled out together with the faeces thus improving overall cholesterol profile.



# Masterfully formulated for:



People who desire to improve cholesterol levels

People who desire to improve blood pressure



People with metabolic syndrome

People who consume unhealthy diet



People who are middle-aged and elderly

People who desire to improve cardiovascular health





# Threefold Ingredients

to optimise your health:



Maintain elasticity  
of blood vessels



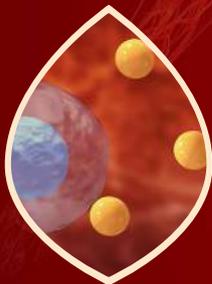
Improve blood  
circulation



Deliver oxygen and  
nutrients more efficiently



Reduce bad cholesterol and  
increase good cholesterol



Reduce oxidative  
stress



Reduce inflammation



Reduce plaque  
formation