



Hello, I'm carbohydrate.

The Hot Knowledge of Nutrients

The Body's Universal Currency of Energy



Carbohydrate: the staple power

☆ One of the major sources of energy

Carbohydrate, protein and fat are known as the three major sources of energy for the human body, serving as essential sources of energy for our daily lives.



☆ Providing energy efficiently

Carbohydrate is rapidly transformed into "glucose" in the human body, providing a quick supply of energy to all cells. It serves as the "universal currency" that cannot be replaced by other two major sources of energy.



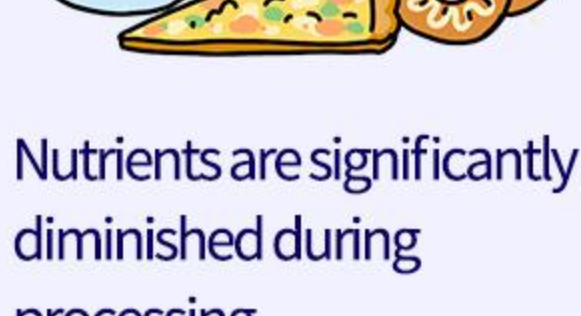
Whole Grains vs. Refined Grains: A Health Crossroad



Whole grains

VS

Refined carbohydrates



Whole grains retain all the nutritional components of grains.

Nutrients are significantly diminished during processing.



The excessive intake of refined grains and carbohydrate is the major factor contributing to the increasing prevalence of obesity and type 2 diabetes.



The Malaysian Dietary Guidelines recommended that we need to increase our whole grains intake to reduce the risk of chronic diseases



A comprehensive approach to optimizing carbohydrate intake for better nutrition.



Increasing whole grains intake

Whole grains contain higher amounts of magnesium, dietary fibre, phytochemicals and other functional compounds compared to refined grains.



Compensating deficiencies of nutrients

Deficiencies in zinc, magnesium, and B vitamins can be compensated through multivitamin and mineral supplements that contain natural phytonutrients.



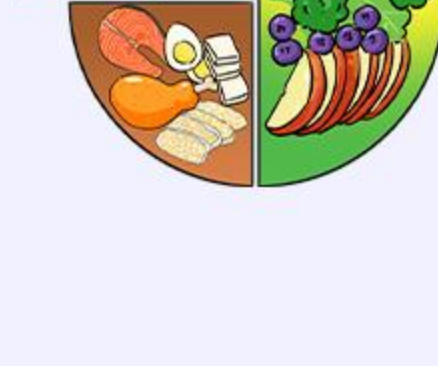
Assistive supplement

Before enjoying refined foods, take a supplement with natural kidney bean and soybean extracts to help block carbohydrate calories, letting you indulge smartly while staying healthy.



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Balancing your carbohydrate intake and using right supplements allows you to enjoy delicious foods while maintaining excellent health.



"Optimal Health with 7 Key Nutrients"