



Hello,
I'm vitamins.

The Hot Knowledge of Nutrients

Vitamins, The Consumables of Modern Life



The vitamin family is indispensable in safeguarding overall health.



◎Vitamin A:

Supporting eyesight, immune system and maintaining skin health



◎Vitamin B:

Assisting in energy metabolism and maintaining the health of the nervous system



◎Vitamin C:

Promoting the synthesis of collagen and improving the immune system



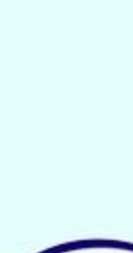
◎Vitamin D:

Assisting in calcium absorption and maintaining the health of bones and teeth



◎Vitamin E:

As an antioxidant, protecting cells from oxidative damage



◎Vitamin K:

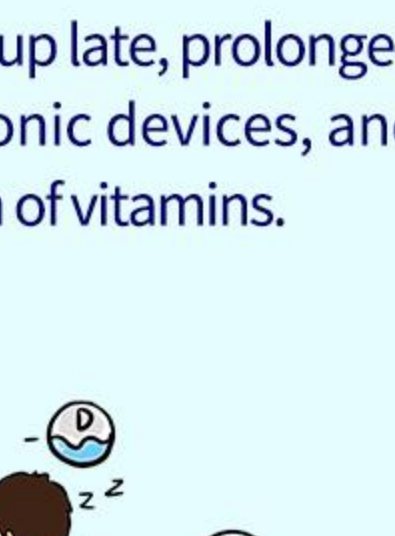
Assisting in blood clotting and maintaining the health of bones



Why vitamins are the Consumables of Modern Life?

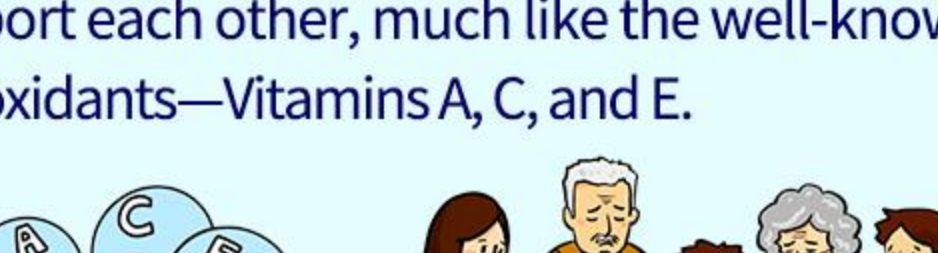
▲Consume less

Modern agricultural technology has increased production but significantly reduced the nutrient content in vegetables and fruits.



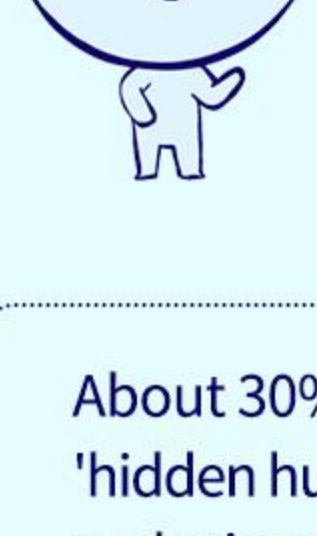
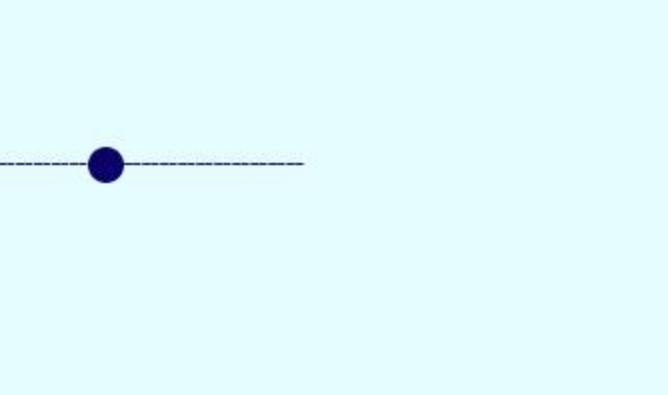
▲Use up more

Modern lifestyles, such as staying up late, prolonged sitting, long-term use of electronic devices, and smoking, accelerate the depletion of vitamins.



▲Don't get enough

Vitamins need to work together in synergy to support each other, much like the well-known antioxidants—Vitamins A, C, and E.

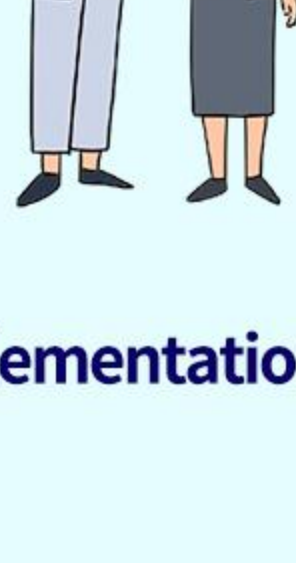


In the face of the global vitamin deficiency crisis, it is crucial to supplement them effectively.

About 30% of the global population suffers from 'hidden hunger' due to deficiencies in key vitamins and minerals.

★The current state in Malaysia

Over half of adults do not get enough Vitamin B1 and Vitamin C, and women of childbearing age consume only half the recommended amount of folic acid.



★Guidelines for Effective Supplementation

Comprehensive intake

The Malaysian Dietary Guidelines suggest having a diverse balanced diet including fruits, vegetables, grains, meat and milk, to meet your body's needs for vitamins.



Nutritional supplement

We can take high-quality nutritional supplements, such as plant-based multivitamins and Vitamin C tablets, to fill dietary deficiencies.



Although needed in small quantities, vitamins are crucial for health. Mastering proper supplementation keeps you in optimal condition.



“Optimal Health with 7 Key Nutrients”