



Dear friends,

Are you always in constant craving for something cold while under the scorching sun? Singapore is known for her extreme temperature. A chilled dessert is probably just what you need to cool yourself down.

But is the high-fat and calories content holding you back from this yummy cold treat? Today, we are here to offer you an alternative. Try out our exciting, icy cold alternative to satisfy your sweet tooth and carbohydrate craving while exploring ideal methods to curb them.

Other than cooling down, do you know that by warming up before your exercise can help to prevent sport injuries? Simply read on to find out more.

The Right Nutrition - Yummy g3™ Juicy Popsicles

If you are on a weight management program, you may be wondering whether there is something as the RIGHT DESSERT for your sweet tooth. Yes, there is!

Cooling popsicle is just the right treat to replace high-fat ice-cream. Trade your Raspberry Vanilla or Yummy Raisin with our thin and healthy g3™ ice pop for a change!

Things you need:

- g3™
- Ice pop mould or g3™ shot glass or any other thin slender glass
- Ice-cream sticks
- Slices of orange or sweet lime

Step 1 : Simply pour g3™ into the ice pop mould (or g3™ shot glass or any other thin slender glass)

Step 2 : Place aluminum foil around the mouth of the mould (or glass used) and cover it up for hygiene purpose.

Step 3 : Make a slit in the middle of the aluminum foil for the ice-cream stick.

Step 4 : Finally, put everything in the freezer and enjoy the juicy g3™ ice pop when it is frozen!

Now you can cut down your fat intake by 8g when you enjoy a juicy g3™ ice pop instead of 1 scoop of vanilla ice-cream. Plus, the fabulous vitamins content in g3™ can boost your antioxidant defense - so you stay healthy while enjoying a cooling treat!



The Right Product - TRA Complex Controls your Carbohydrate Cravings

Are you a high-carbohydrate lover? Feel like having a pastry, cake or sandwich even after having your lunch? Been asking for more rice top-up?

As advised by Health Promotion Board, we need to eat in moderation but not overly indulge in any particular food group. And now, TRA Complex is here to rescue you.

Look out for the unique formulation of 3C+Calcium to curb your carbohydrate cravings.

- **Control Craving = Reduce appetite, eat less**
Banaba Leaf – Maintain blood sugar and insulin levels within their desirable range and help the body to resist the urge to snack between meals.
- **Control Storage = Reduce fats, tummy, waist for a perfect body shape**
 - a. **Green Tea** – Improve lipid and glucose metabolisms, enhancing insulin sensitivity and balancing the metabolic rate of fat deposit and fat burning.
 - b. **Chromium** – Essential for normal insulin function. Insulin resistance can lead to increased weight gain without increased energy intake.
- **Control Stress = Lose weight happily, stress-free**
 - c. **Magnolia Bark and Epimedium** – Effectively balance the cortisol (stress hormones level) to aid in releasing fat, instead of storing fat.
 - d. **L-Theanine** – A unique amino acid found in the leaves of green tea (Camellia Sinensis) and acts as a non-sedating relaxant to help reduce anxiety feeling and relaxation of the mind.
 - e. **Phytosterol Esters (Beta-sitosterol)** – effectively modulating the stress response to manage cortisol level and maintain the normal ratio of catabolic stress hormones.
- **Calcium = Increase metabolism and increase fat burning**
- **Free from Stimulants: caffeine-free and ephedra-free.**

Recommended Adult Use: Take 9 capsules daily. 3 capsules each with 3 main meals.



The Right Exercise - Prevent Sport Injuries!

When is the last time you put on your sport gear? Last year or even longer? Do you know as you age, the changes in your body can make you more injury-prone? If it has been some time since you exercise or for safety reasons, do pick up the following tips below for your next fitness activity.

- Spend 10 minutes with key moves before you start. Simple stretching and light calisthenics are ideal for flexibility and help to correct stiffness and muscle tightness.
- Cool down after your fitness activity.
- Dress comfortably at your convenience and safety instead of being stylish.
- Drink plenty of water before and after you exercise.
- Avoid food intake 2 hours before you exercise.

