



“

MY 我的独特是您的健康

UNIQUENESS

YOUR HEALTH”



BENEFITS OF SKIMMED MILK

Skimmed milk is very low in fat and contains almost no saturated fats. One cup of whole milk contains almost 5 grams of fat while the same amount of skim milk contains just 0.1 grams of saturated fat.

Skimmed Milk Reduces Cholesterol Levels: Include high calcium foods such as dairy products in your daily diet as this will lower your total cholesterol concentration without inducing any negative side effects. Furthermore, calcium intake also increases the effect of cholesterol - lowering plant sterols. One cup of whole milk contains about 25 mg of cholesterol while the same amount of skimmed milk contains less than 5 mg of cholesterol.

Skimmed Milk for Bone Health: Calcium is not fat soluble and so it is not present in the fat of the milk. This is why the amount of calcium in skimmed milk is the same as that of whole milk.

脱脂牛奶的益处

脱脂牛奶拥有非常低的脂肪含量, 几乎不含饱和脂肪.

一杯全脂牛奶含有近5克的脂肪, 而相同含量的脱脂牛奶仅含有0.1克的饱和脂肪.

脱脂牛奶能降低胆固醇水平: 在日常饮食中的高钙食品如乳制品, 脱脂牛奶既能降低您体内的总胆固醇浓度, 也不会带来任何副作用. 此外, 钙的摄入也会增加能够降低胆固醇植物甾醇的作用. 一杯全脂牛奶含有约25毫克胆固醇, 而相同含量的脱脂牛奶含有仅少于5毫克的胆固醇.

脱脂牛奶有助于骨骼健康: 钙不溶于脂肪, 因此它不存在于牛奶的脂肪中. 这就是脱脂牛奶中钙的含量与全脂牛奶相同的原因.

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BENEFITS OF XYLITOL

Xylitol is a natural sweetener and it's glycemic index (GI) - a measure of how quickly a food raises blood sugar - is only 7, whereas regular sugar's is 60 - 70.

It can also be considered a weight-loss-friendly sweetener since it contains **40% fewer calories than sugar.**

Health benefits of xylitol include its ability to control glucose and insulin levels in the body, **manage diabetes, improve the health of gums and teeth,** prevent overeating, help in weight loss efforts, and boost sinus health among others.

Xylitol is **worldwide approved** to use for food dietary supplements, pharmaceuticals, cosmetics and oral hygiene products.

木糖醇的益处

木糖醇是一种天然甜味剂, 它的血糖指数 (GI)- 衡量一种食物升高血糖的速度仅为 7, 而食用糖则为60-70.

它也可以被当作是一种对减肥有益的甜味剂, 因为它含有**比食用糖少40%的卡路里.**

木糖醇对健康的好处包括控制体内葡萄糖和胰岛素水平帮助, **帮助控制糖尿病, 促进牙龈和牙齿健康,** 防止暴饮暴食, 帮助减肥以及促进鼻窦健康等等.

木糖醇获得批准在全球被广泛地使用, 此批准允许将木糖醇用于食品膳食补充剂, 药品, 化妆品和口腔卫生产品.

CLASSIC



XYLITOL

- 100% natural - processed from corn cobs
- 41% fewer calories
- Excellent for diabetics as it has very low glycemic index (GI) of 7

SKIMMED MILK

- Derived from non hydrogenated, protein and high calcium cow's milk
- Has lower calories compared to whole milk and creamers
- Fat-free, but retains the 9 essential nutrients in milk

ARABIC & ROBUSTA

- Arabic is smooth, slightly sweet or fruity. It's easy to drink with the ideal amount of acidity for balanced drink
- Robusta is bitter and has with a grainy taste

木糖醇

- 100%纯天然 – 由玉米棒加工而成
- 卡路里减少41%
- 非常适合糖尿病患者, 因为它的血糖指数 (GI) 非常低, 为7

脱脂奶

- 源自非氢化, 蛋白质和高钙牛奶
- 与全脂牛奶和奶精相比, 其卡路里热量更低
- 无脂肪, 但保留了牛奶中的9种必要营养素

阿拉比卡和罗布斯塔咖啡

- 阿拉比卡, 口感顺滑 略带甜味或水果味. 拥有理想的酸度的均衡饮料, 易于被人们接受
- 罗布斯塔口感略苦涩, 拥有谷物味



SKIM MILK



ARABICA & ROBUSTA



XYLITOL

XYLITOL, SKIMMED MILK & ARABIC & ROBUSTA WITH

MARINE COLLAGEN

- Promotes the health of skin and hair by improving its smoothness, elasticity & moisture
- Reverses skin aging by improving skin contours & removing fine lines and wrinkles
- Aids metabolism by burning more fat to achieve weight loss

RICE EXTRACT

- Helps in collagen production, hence maintain skin elasticity & it also provide whitening result
- Regenerate & reduce dead or damaged skin cells
- Contain Vitamin E which maintains the skin to make it look younger

TREMELLA MUSHROOM

- Protects against radiation damage
- Creates young glowing skin, hydrating & moisturizing effects
- Rich source of vitamin D and essential proteins

海洋胶原蛋白

- 通过改善皮肤和头发的光滑度, 弹性和滋润性, 促进皮肤和头发的健康
- 通过改善皮肤轮廓, 去除细纹和皱纹, 逆转皮肤老化
- 通过燃烧更多脂肪来提升新陈代谢帮助减肥

米提取物

- 有助于胶原蛋白的生成, 从而保持皮肤弹性, 也达到美白的效果
- 再生和减少死皮或受损的皮肤细胞
- 含有维生素E保持皮肤看起来更年轻

银耳

- 防止辐射损伤
- 保持年轻亮丽的皮肤, 提供保湿和滋润肌肤
- 丰富的维生素D和必需的蛋白质来源



SKIM MILK



ARABICA & ROBUSTA



XYLITOL



MARINE COLLAGEN



RICE EXTRACT



TREMELLA MUSHROOM



BEAUTIFYING



FITNESS



XYLITOL, SKIMMED MILK & ARABIC & ROBUSTA WITH

WHITE BEANS

- Helps weight loss (starch blocker)
- Reduce blood sugar & insulin
- Reduces fatty molecule levels in the blood

GREEN COFFEE

- Loaded with powerful antioxidants
- Helps burns extra fat, hence aids weight loss
- Enhances immune system as it naturally detoxifies

GREEN TEA

- Lipid lowering te polyphenols helps weight loss
- Helps lower blood sugar
- Help lose weight and lower risk of obesity

白豆

- 有助于减肥（淀粉阻滞剂）
- 降低血糖和胰岛素
- 降低血液中的脂肪分子水平

绿咖啡

- 强大有力的抗氧化剂
- 有助于燃烧多余的脂肪，从而有助于减轻体重
- 增强免疫系统，因拥有自然排毒功能

绿茶

- 降脂，茶多酚有助于减肥
- 有助于降低血糖
- 帮助减肥和减少超重风险



SKIM MILK



ARABICA & ROBUSTA



XYLITOL



WHITE BEANS



GREEN COFFEE



GREEN TEA

NO 无 ❌

Sugar 糖

Creamer 植脂末 (无氢化脂肪)

Artificial Flavoring 人造香料

SUITABLE 适合 ✅

High Blood Pressure 高血压

High Blood Sugar Level 高血糖

High Cholesterol 高胆固醇

OUR COFFEE

DIRECTIONS OF USE 使用方法



- 1 Pour the coffee contents into cup. Add 100ml± hot water (70-80° C), stir and then serve

将咖啡粉倒入杯中. 加入100毫升左右的热水 (70-80度), 搅拌均匀, 然后饮用.



- 2 Alternatively use 50ml± hot water (70-80° C), add ice cube to serve

倒入50毫升左右热水 (70-80度), 搅拌, 加入冰块, 即可享用.



Do not pour boiling water directly to the coffee mix. Suggest to use 1/4 room temperature water before adding the boiling water. This helps to dissolve the mix easily and maintain the contents nutrients.

请勿将沸水直接倒入咖啡粉中. 建议在倒入沸水前先加入1/4的室温水. 这有助于溶解混合咖啡粉并保持其中的营养成分.

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