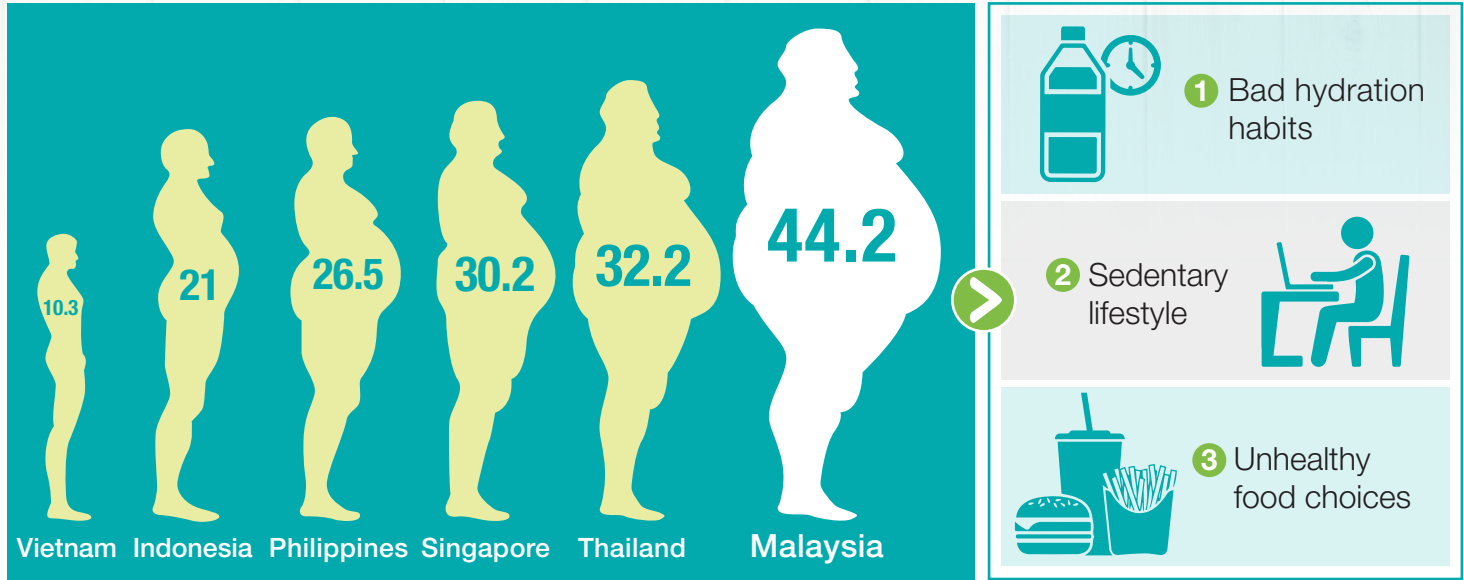


# HEY, GUESS WHICH COUNTRY IS THE FATTEST?

Malaysia! We are the most obese nation in Southeast Asia.

Overweight prevalence (%) for adults of both sexes (BMI of >25 kg/m<sup>2</sup>)



Source: WHO Non-Communicable Diseases Country Profiles, 2011

## Are You Watching What You Drink?

Adopting **healthy hydration habits** is not only a matter of how much to drink but rather the **contents of what we drink**.



## How Much Sugar Is In Your Favourite Drinks?



# BOOST YOUR H<sub>2</sub>O WITH PHYTO!

LOW IN CALORIES

**35** **KCAL**



= 4 X Lesser  
than 1 Can of  
Carbonated Drink



**NO COLOURANTS,  
FLAVOURS OR  
PRESERVATIVES  
ADDED**

STAMINA AND  
ENERGY BOOSTER

**8** **ESSENTIAL  
VITAMIN Bs**



**GOOD FOR SKIN,  
HAIR AND NAILS**

30 mcg of Biotin = Recommended  
Intake for Adults: Adults require  
between 30 and 100 mcg, daily



LESS SWEET

**7.5** **G**

Perfect for those  
watching their  
sugar level



**NOT  
CARBONATED**  
Beat Bloating!

PROMOTES GOOD  
DIGESTION

**3** **G FIBRE**  
= 1 Regular-Sized Apple  
= 1 Small Banana  
= 1 Cup of Strawberries



## Nutrilite™ PhytoPOWDER™ Beverage Crystals



### Preserve Your Electrolytes **ORANGE**

Potassium and Sodium

+ Boosts electrolyte  
replenishment

Red Orange Complex™

+ Inhibits free radicals from  
damaging cells

### Refreshing Botanical Blend **LEMON**

Super fruit blend

+ Lemon + Pomegranate  
+ Pineapple + Sea buckthorn

Vitamin C and 8 B vitamins

+ Added energy

### Support Your Immune System **CHERRY**

Zinc and 8 B vitamins

+ Extra body defence boost

Acerola cherries

+ Great source of vitamin C