



Multivitamins & Minerals (Plus Lutein & Lycopene)

**Suitable for adults
One Tablet for Daily Requirement**

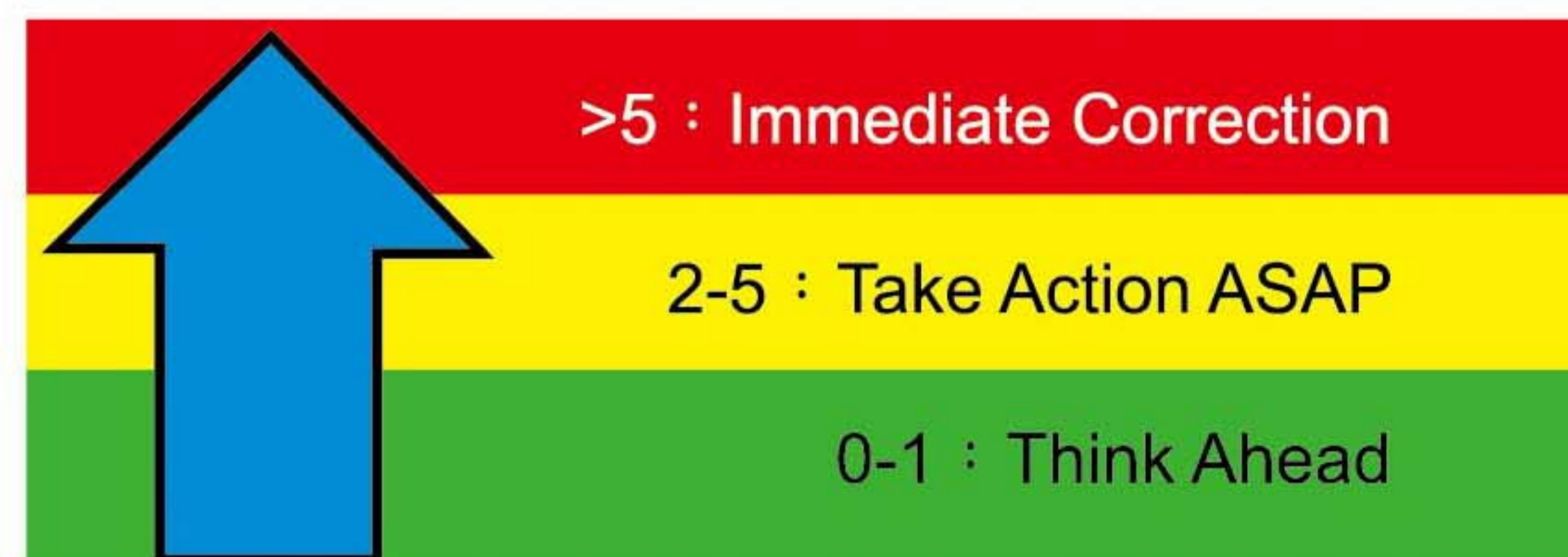
75% of the Population is at "Sub-health" State

Fatigue, dizziness, headache and lacking concentration are common symptoms among people living in a fast-paced city. "Sub-health" is a stage between health and illness characterized by some psychological or physical discomfort with no typical pathological feature.^[1] It is hard to distinguish between sub-healthy and healthy person from appearance. If a sub-healthy person feels uncomfortable and do a check-up, he would not be diagnosed with a disease. Now you may hesitate: Are you and your family truly healthy?

Sub-health Self-Check

Do you find yourself having the following problems? How many of them have you been suffering from?

<ul style="list-style-type: none"> • Insomnia • Dizziness & headache • Poor memory • Short-tempered • Difficult to concentrate • Sore waist or back pain 	<ul style="list-style-type: none"> • Eye strain • Indigestion • Fear of cold • Fatigue • Shortness of breath • Catch a cold easily 	<ul style="list-style-type: none"> • Sore throat • Hypertension • High cholesterol • Diabetes • Dull skin • Allergic rhinitis
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Looking into the causes of "Sub-health"

Imbalanced diet, stress, anxiety, poor sleep quality and pollution are damaging factors against health. If our body is not well-prepared to combat with such pressure, symptoms of "Sub-health" could come to you.

The following groups should pay special attention to their supplemental nutrient intake:

Living habits	Work / School
Long hours on mobile or tablets, stay up late, light sleep, picky eater, carnivorous diet, smoking, drinking alcohol	Irregular meals, heavy workload, stressful, reversed biological clock, interpersonal relationship, emotions
Environment	Family
Air pollution, water quality issue, UV radiation, poor indoor ventilation, food additives, pesticides on food	Taking care of all members, multiple roles in family, occupied by housework

Fighting Against "Sub-health"

The body is always at a dynamic state that constantly changing, a sub-health state can progress to a health state or a disease state. Better lifestyle and supplement our diet with suitable nutrients can boost your overall health, turning sub-healthy state into healthy state.

Antioxidizing	Your body naturally produces free radicals that attack your cells and speed up aging. Powerful antioxidants could protect against free radical damage, maintain cell integrity and delay aging. ^[2-4] Lycopene, Vitamin C, E, Zinc, Selenium, Manganese
Stress Relief	Tense life, work pressure and persistence of negative emotion easily induce anxiety and fatigue. Relax and keep your mind clear could help cope with heavy workload and pressure. ^[2-3] Vitamin B Complex

Immunity	Work pressure, overworking and lack of sleep are common causes of adverse effect on the endocrine and immune system. Improve your immunity to help reduce the chance of catching colds or flu especially during the peak seasons. ^[2-4] Lycopene, Vitamin C, Zinc, Iodine
Energy Release	Unlock energy from food and improve metabolism. Increasing nutrient supply to every body cell could help regain stamina. ^[2-3] Vitamin B Complex, Magnesium
Brain and Cardiovascular	Anemia and poor blood circulation cause fatigue and cold limbs. Supplement with nutrients to produce red blood cells and improve blood circulation. Bring nutrients and oxygen to the brain and support cardiovascular health. ^[2-3] Vitamin B Complex, C, E, Folic acid, Iron
Bone Health	Lack of exercise and little exposure to sunlight add risk to early bone loss. Supply bones with necessary building blocks to maintain bone density and healthy teeth. ^[2-3] Calcium, Vitamin D3
Skin and Hair	Nutritional imbalance, UV radiation and exhaust gas will accelerate skin aging and hair loss. Provide skin and hair with necessary nutrients to revitalize youthful appearance. ^[2-3] Biotin, Zinc, Vitamin A, C, E, Pantothenic acid (B5)
Eye Health	Bright light from mobile and tablet, UV radiation and air pollution can be very damaging to the eyes. Filter blue light and supplement with antioxidants and nutrients for retina. Improve night vision and relieve eye strain to protect your vision. ^[2,3,5] Vitamin A, E, Beta Carotene, Lutein

Recommended daily dose:

Adults take 1 tablet once daily with meal or as recommended by physicians.

References:

1. Bunkenborg M. Subhealth: questioning the quality of bodies in contemporary China. Med Anthropol. 2014;33(2):128-43.
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4. AbLS: Lycopene. Health Canada: Natural Health Product Ingredients Database. Available at: <http://www.hc-sc.gc.ca>
5. Lutein and zeaxanthin. Monograph. Altern Med Rev. 2005;10(2):128-35.