

CATALO

Health & Wellness Magazine

IMMUNITY BOOSTER P.27

STRENGTHENING IMMUNITY

Rebuilding Gut Ecosystem with Probiotics

MEN HEALTH P.23

MEN'S HEALTH:

Kickstart Men's Care Routine Early
Keep The Prostate Healthy

GENERAL HEALTH P.25

OVERINDULGED OVER THE HOLIDAYS?

Time to Replenish the Liver

WOMEN HEALTH P.21

WOMEN'S HEALTH:

Embracing Menopause

SKIN HEALTH P.31

PROTECTING SENSITIVE SKIN

Myth Busting:
3 Q&As on Baby Itchiness

CATALO

Natural Nutrients Natural Health & Beauty

At CATALO, we believe that true wellness shines from the inside out.

Hence, we endeavor to cater to our customers' every need,
and are committed to offer a wide range of health supplements
made from all-natural premium ingredients,
providing essential nutrients for your body.



CAre

Our customers' health and wellness are of utmost importance, which is why our products are manufactured with nothing but the best natural ingredients.

TA vitality

It is our mission to keep you fit, happy and energized, which is why clinically proven branded ingredients are used to ensure customers are provided with natural supplements that work wonders.



LOngevity

We offer a wide variety of health supplements to cater to all ages and health concerns. It is our aim to enable customers to live a long and fulfilling life.



Effective | Natural | Potent | Top-Grade & Reliable



Quality Guarantee

At CATALO, we pride ourselves with exceptional products that adhere to strict safety guidelines. Manufactured from effective, potent natural ingredients, our supplements always keep consumers healthy and radiant.



cGMP Certified Facilities

Our manufacturing sites are approved by cGMP regulations, ensuring all supplements fulfil international safety standards.



FDA Registered

Our manufacturing facilities are licensed by the US Food & Drug Administration (FDA).



Professional Health Advisor Team

Our Health Advisors receive regular training from experienced dietitians to stay informed with the latest nutrition knowledge and information.



The Hong Kong Q-Mark Service (Cyan) Scheme

We are proud to be certified by Hong Kong Q-Mark Service (Cyan) Scheme for excellent customer-oriented service.



Product Enquiry Service

We have multiple communication channels in place, making sure customers are able to get in touch regarding any product information, nutrition facts and after-sales service.

CATALO: Your Multi Award Winning Health Foods Brand

We are committed to providing outstanding products and services, and we are honoured to be recognized by the public and the industry. Over the years, we have received the Hong Kong Top Brand Ten Year Achievement Award, Hong Kong Top Service Brand, the Hong Kong Institute of Marketing's Market Leadership Award, The Hong Kong Q-Mark Service (Cyan) Scheme, etc. Additionally, we have been certified awarded Quality Organic Retailer and our products awarded International Institute for Quality Selections' Gold Award. It is safe to say that CATALO is an unquestionable choice when it comes to family wellness.



Highlighted Awards & Certificates





CATALO

Health & Wellness Magazine

2022 VOL. 1

CONTENT



- 04 **CATALO The Finest Branded Ingredients**
- 05 **Branded & Patented Ingredients::**
Responsible & Transparent Sourcing
- 07 **Convenient & Personalized**
- 09 **Eye Care & Nourishment**
Blue Light Can Affect Your Health
Encouraging Kids' Eye Development
Preventing Age-Related Eye Degeneration
2 Premium Branded Ingredients for Natural Eye & Vision Care
- 13 **Joint & Bone Health**
Joint Disorders Don't Just Affect the Elderly
How to Preserve Your Joints
- 19 **Reversing the Aging Process**
Breaking through Traditional Health Practices
- 21 **Women's Health**
Embracing Menopause
- 23 **Men's Prostate Health**
Kickstart Men's Care Routine Early
- 25 **Improving Overall Health & Wellness**
Overindulged Over the Holidays?
- 27 **The Gut Microbiota & Immune System**
Strengthening Immunity
- 29 **Tips from Nutritionist:**
Staying Safe in the Era of COVID-19
- 31 **Skin Health**
Myth Busting: 3 Q&As on Baby Itchiness
- 33 **The No.1 Brand for Maternal, Baby & Children Health**
Essential Nutrients for Pregnant Moms
Drop by Drop: Raising Strong & Healthy Babies
The DOs and DON'Ts of Healthy Eating
- 39 **Bee Products**
UMF® Manuka Honey Products
Royal Jelly & Bee Pollen Product Range
- 41 **CATALO Membership:**
Year Round Premium Rewards
Extensive Ecommerce Network
- 42 **Event Gallery**
- 43 **New Personalized Service & Experience**
Nutritionist Tips & Free consultations
- 46 **Special Selections**

CATALO The Finest Branded Ingredients

At CATALO, we offer nothing but the best dietary supplements and health foods. With over 40 branded ingredients sourced from natural environments all over the world and extracted by patented technology, these pure elements have been proven by multiple clinical research to effectively improve body health, enabling consumers to live life to the fullest.

Our sourcing transparency approach contributes to a wide variety of high-concentration, high-quality, non-allergic nutritional products. Based on all these principles, it makes CATALO supplements differ from synthetic products on the market. We use natural ingredients that do not contain any harmful substances, nor accumulate in the human body. They are safe to eat and work effectively.

Eye Health

mirtoselect®

Mirtoselect® European Bilberry Extract is the only existing branded ingredient that contains standardised 36% Anthocyanins. It has been proven by multiple clinical studies¹ to **effectively improve vision, reduce eye dryness, alleviate fatigue caused by long exposure to electronic devices, promote clear eyesight and overall eye health.**

FloraGLO™ LUTEIN

FloraGLO™ Marigold Extract is a No.1 Lutein branded ingredient lauded by US doctors. Purified and extracted with advanced technology, it has been proven by over 90 clinical trials² to contain abundant Lutein, which helps **filter harmful blue light from electronic devices, promote clear vision and macular health.**

Optisharp® Zeaxanthin

Optisharp® Zeaxanthin is found in pure US marigold extract and contains standardised 5% Zeaxanthin. Generally Recognized as Safe (GRAS) by the FDA, it is suitable for pregnant women and children, enabling the eyes to adapt to strong light, **preventing damage by harmful blue light, delaying eye degeneration and promoting macular health.**

Joint & Bone

BioCell Collagen®

BioCell Collagen®'s patented formula is sourced from natural chicken breast cartilage. Containing 60% Hydrolyzed Collagen Type II, 20% Depolymerized Chondroitin Sulfate and 10% hyaluronic acid, it helps **improve joint mobility, ease joint pain, plump and firm skin.**

Zanthin® Natural Astaxanthin

Zanthin® Astaxanthin is sourced from freshwater microalgae and clinically proven to be 3 times more effective than Glucosamine and Chondroitin in **alleviating joint discomfort³, providing premium nutrients for joint lubrication and antioxidation.**

AprèsFlex

Aprèsflex® Boswellia Serrata Gum Resin Extract is clinically proven to **alleviate soreness in various body parts, including the neck, shoulders, back, wrists, knees and ankles, in as fast as 5-7 days⁴.**

Daily Healthcare

Aquamin

Aquamin™ Red Algae Calcium contains vital nutrients for healthy bones, including natural Calcium, Magnesium, Zinc, abundant marine minerals and various micronutrients. According to clinical research, Algae calcium is 1.57 times more absorbable than Calcium Carbonate⁵ due to its unique molecular structure. It is readily absorbable, easy to digest and utilize by the human body, **providing crucial nutrients for the bones.**

CordycepsPRIME™

Cordyceps Prime™ Cs-4 Cordyceps Mycelium extract is manufactured with patented fermentation technology. High-performance liquid chromatography (HPLC) confirms this premium Cs-4 Cordyceps Mycelium contains standardised 8% d-Mannitol, which **helps improve lung function, relieve coughs and boost immunity.**

Lyc-O-Mato™

Lyc-O-Mato™ Natural Tomato Lycopene is a powerful antioxidant sourced from non-GMO tomatoes with advanced technology. Its high-concentration content is clinically proven⁶ to **improve men's prostate health and women's skin quality.**

Maternal, Baby & Children

life'sDHA™ HEALTHY BRAIN, EYES, HEART

life'sDHA™ natural microalgae extract is a popular ingredient in US infant formulas. Free from heavy metals and marine pollutants, it is readily absorbable and helps **facilitate babies' brain and eye development, as well as enhancing learning and language abilities.**

TruCal

TruCal® natural Milk Calcium is sourced from natural non-polluted premium quality milk. Rich in 7 minerals, including Calcium, Magnesium and Zinc, its content is clinically proven almost identical to human bone structure⁷, making it highly absorbable and bioavailable. It helps **facilitate children's bone growth and overall health development, as well as keeping their teeth strong.**

VitaCholine®

VitaCholine® a branded natural Choline sourced from grapes and a safe ingredient commonly used in infant formulas, prenatal products and natural foods. An essential nutrient **for brain and muscle development, as well as fetal memory and intelligence development.**

1. Kajimoto O, et al. (1998) Scient. Rep. Collect., 191 (Refer to Mirtoselect® European Bilberry Extract)
2. Kamin Foods, L. C. FloraGLO® Lutein: The Clinically Proven Lutein Brand (2008) (Refer to FloraGLO® Lutein)
3. ST & T Research Department for Valensa International Joint Health Dietary Supplement (2012) pp9-31 (Refer to Antarctic Krill Oil, Zanthin® Astaxanthin, Sodium Hyaluronate)
4. Vishal A. A. et al. (2011) Int. J. Med. Sci., 8(1), 615-622 (Refer to AprèsFlex®)

5. Kazuhiro Uenishi et al. Nutrients. (2010) 2(7), 752-61 (Refer to Algae Calcium)
6. P. R. Gajendragopal. (2014) J. PLUS ONE 9(6): e99070 (Refer to Lycopene)
7. L. Ward. TruCal® Milk Calcium Significantly Increases Bone Strength and Improves Bone Biomarkers in vivo (Refer to TruCal® Milk Calcium)

Responsible & Transparent Sourcing

Carefully Selected Branded & Patented Natural Ingredients with Clinically Proven Results from Around The World



Natural Algae Calcium

Contains over 70 essential minerals and micronutrients. Unlike synthetic calcium, it does not cause bloating or constipation.

Milk Calcium

Contains 7 minerals. Content almost identical to human bone structure which makes it highly absorbable. Helps encourage bone and teeth development.

Red Sockeye Salmon

High in unsaturated fat. Helps stabilize blood lipids and cholesterol levels, promote arterial elasticity, cardiovascular and blood vessel health.

Hydrolyzed Collagen Type II Vegetarian DHA

Tart Cherry

High in Anthocyanins, proanthocyanins, Polyphenols and flavonoids. Encourages uric acid metabolism, eliminate excess purine and stabilize uric acid levels.

Lutein

A crucial ingredient contributing to a healthy macular region in the retina. An antioxidant that helps filter blue light, improves vision and prevents retina damage by UV rays.

Cs-4 Cordyceps Mycelium

Non-GMO ingredient that is clinically proven¹ and confirmed by high-performance liquid chromatography (HPLC) to contain standardised 8% d-Mannitol, which is higher than any that of any Cordyceps supplement on the market¹.

Acerola Cherry Extracts

A small and bright red fruit referred to as the "King of Vitamin C". 1 acerola cherry is sufficient in providing an adult's daily required intake.

Green Propolis

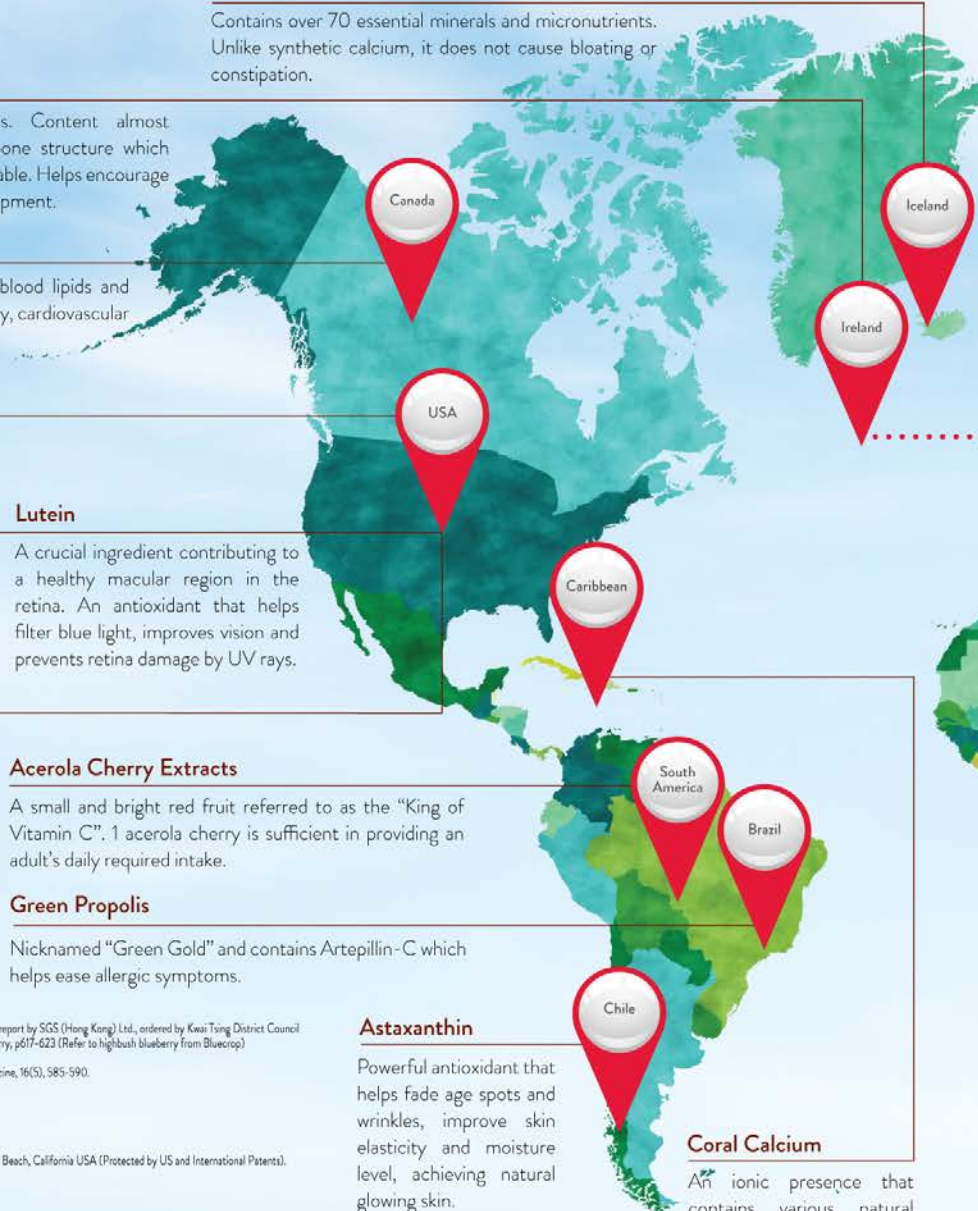
Nicknamed "Green Gold" and contains Artepillin-C which helps ease allergic symptoms.

Astaxanthin

Powerful antioxidant that helps fade age spots and wrinkles, improve skin elasticity and moisture level, achieving natural glowing skin.

Coral Calcium

An ionic presence that contains various natural minerals. Readily absorbable, even more so than regular calcium.



1. Apple Daily, 9 May 2007 "Cordyceps Capsules: Are They Good Enough?" lab report by SGS (Hong Kong) Ltd., ordered by Kwai Tsing District Council
 2. Kalliw et al. (1999) Anthocyanin content and profile within and among blueberry, p617-623 (Refer to highbush blueberry from Bluecrop)
 3. Y. SHIMIZU, et al. (2018) Pharmazie 73, 393-395 (Refer to Lycopers)
 4. Chen, Steve, et al. (2010) The Journal of alternative and complementary medicine, 16(5), 585-590.
 life's DHA™, life's OMEGA & life's DHA+ARA™ are the trademarks of DSM.
 Aquamin™ is a trademark of Marigot Ltd.
 TruCal™ is a registered trademark of Glanbia plc.
 Mirtoselect™ is a trademark of Indena S.p.A.
 FloraGLO™ is a trademark of Kemin Industries, Inc.
 BioCell Collagen™ is a registered trademark of BioCell Technology LLC, Newport Beach, California USA (Protected by US and International Patents).
 Meriva™ and Casperome™ are the trademarks of Indena S.p.A.
 AprèsFlex™ is a registered trademark of PL Thomas - Laila Nutra LLC.
 Optisharp™ is a trademark of DSM.
 Kaneka Q10™ is a registered trademark of the Kaneka Corporation.
 SuperbTM Krill Oil is a registered trademark of the Akar Group.
 Phytosome More Bioavailable™ is a registered trademark of Indena S.p.A.
 CherryPURE™ is a trademark of Shoreline Fruit, LLC
 FORTIGEL™ is a registered trademark of GELITA AG.
 CordycepsPur™ is a trademark of Nulis Science.



**Fish Oil
Krill Oil**

Krill belongs to the bottom of the food chain. Free from marine pollutants and rich in Omega-3. Shares a similar structure as cell membranes, which makes it readily absorbable.

Collagen Hydrolysate

With advanced hydrolysatation technology, large collagen molecules are converted to Collagen Hydrolysate, short-chain molecules that are now easier absorbed by the body.

Coenzyme Q10

Provides essential nutrition for body cells and maintains functioning of crucial body organs, such as the heart.

Nattokinase

An enzyme unique to Nattos. Helps unclog arteries, maintain cardiovascular and brain vessel health.

Trans-Resveratrol

A powerful antioxidant that is more readily absorbable and utilized by the body than regular Resveratrol. Rejuvenates blood vessels and the skin.

NMN

A bioactive natural ingredient that helps repair damaged cells, delay signs of aging and restore energy and vitality.

Lycopene

100 times³ more effective than vitamin E in antioxidation, reverse signs of aging and achieve glowing skin for women, as well as promote men's prostate health.

**Propolis
Lactoferrin
Colostrum**

Produced by cows during the first 48 hours of giving birth. Very similar to human colostrum, making it highly absorbable by human and helps boost immunity.

Tongkat Ali

Referred to as the "national treasure of Malaysia". A traditional herbal ingredient that helps regulate men's body system and build muscles.

Elderberry

Contains powerful antioxidants, including flavonoids and anthocyanins that help alleviate tracheal discomfort caused by seasonal allergies, as well as speed up recovery.

Manuka Honey

A product of manuka bush that is only native to New Zealand. Boasts antibacterial properties; More precious than regular honey and gives off a unique aroma.

**Turmeric
Bilberry**

European bilberries are clinically proven to contain at least 4 times more Anthocyanins than regular blueberries². High-performance liquid chromatography (HPLC) confirms this active ingredient contains standardised 36% Anthocyanins.



Catering to Health Needs for All Ages

Convenient & Personalized



As a CATALO brand ambassador, award-winning film and TV actress Anita Yuen still sparks radiance despite a hectic schedule, all thanks to CATALO health supplements that are formulated with multiple rich branded ingredients.

At CATALO, we design products with customers' taste preferences and eating habits in mind. Our health supplements come in various forms, including drop, powder, softgels, chewable tablets, jelly bites, vegetarian capsules, tablets etc. These tailor-made unique formulations appeal to a wide range of health needs and different age groups.



Vegetarian Gummies

- Made from pure plant-based ingredients; free from artificial seasonings and colors
- Comes in various fruit flavors; delicious, nutritional, and easy to chew

Jelly bites / Chewable Softgels / Tablets

- Customized natural jelly bites, chewable softgels and tablets
- Comes in fruit or milk flavors; delicious and easy to eat



Drop

- Pure and highly soluble liquid droplets
- Easy to mix with milk, beverages, baby rice cereal or fruit puree

Vegetarian Capsules / Tablets

- Carefully selected vegetarian capsules and tablets, free from animal-derived ingredients
- Easy to carry; can be taken anytime anywhere



Powder

- Pure natural powder with no added sugar
- Easy to mix with milk, beverages, baby rice cereal or fruit puree

Spray

- Unique spray design to increase coverage and absorption rate



Natural Active Ingredient



Free from Artificial Flavors*



Free from Artificial Colors



Free from Artificial Preservatives*

*Exceptions apply to specific products

CATALO's Brand new formats of nutrition

Suitable for Infants and Children



Kid's Lutein Gummy Product code: 821001

- Each serving provides 8mg of Lutein which helps protect the macula
- Helps filter harmful blue light from electronic devices

each serving is **=20 carrots'**
equivalent to worth of Lutein¹



Vegetarian D3 Spray Product code: 3389

- Each serving provides the required daily amount of vitamin D3 for adults, which helps maintain bone and teeth health
- Can be sprayed on food and drinks, or directly into the mouth

each serving is **=1000 IU**
equivalent to of Vitamin D3



Suitable for Adults



Ultra Clear Propolis Liquid Extract Product code: 821008

- Contains highly-concentration standardised propolis extract. Can be applied directly onto the skin, ulcers or wounds
- Relieves flu symptoms, oral infections, sore throat, blocked nose and coughs

each serving is **=at least 200mg**
equivalent to of standardised propolis extract



Extra Omega-3 with Vitamin D3 Jelly Bites Product code: 3433

- Contains Omega-3 which helps promote cardiovascular health
- Contains Vitamin D3 which improves calcium absorption and prevents bone loss

each serving is **=3 Fish Oil Pills'**
equivalent to worth of Omega-3*



Pregnancy Natural Acerola Vitamin C Chewable Formula Product code: 3488

- Boosts immunity
- Stimulates iron absorption

each serving is **=4 oranges'**
equivalent to worth of Vitamin C²



1. U.S. Department of Agriculture, Agricultural Research Service (assuming each weighs 72g)
2. U.S. Department of Agriculture, Agricultural Research Service (assuming each weighs 96g)

*Assuming each fish oil pill contains 200mg of Omega-3

Living on Digital Devices?

Blue Light Can Affect Your Health

Start Protecting the Eyes Today

In this day and age, people rely heavily on electronic devices for work, learning and entertainment. Spending long hours on smartphones, laptops and other devices expose the eyes to excessive blue light, which oxidizes the body and damages optic nerve cells, causing eye fatigue and speeding up eye degeneration. In order to maintain macular health, we must stay away from harmful blue light and take appropriate nutrients.

Contributing Factors to Macular Damage

- Radiation and blue light from electronic devices 
- Wearing contact lenses regularly 
- UV light 
- Not eating eye health-benefitting food 
- Spending long hours reading 

Encouraging Children's Eye Development

According to studies, 1 out of 3 school children wear glasses due to myopia¹, suggesting that being exposed to digital screens for a prolonged period of time not only adversely affect eyesight, but also increase of risk of severe eye illnesses. As a No.1 mom, it is important to focus on both academic performance and eye health. Start with encouraging them to form healthy habits when using books and electronics in order to maintain sharp vision.

If you notice any of these symptoms on your kids, it might be time to start observing their eye health!

- Always rubbing the eyes
- Secreting eye discharge
- Not keeping enough distance from homework and textbooks
- Watching TV with a tilted head
- Always blinking
- Sensitive to light



Preventing Age-Related Eye Deterioration

Protect Your Vision Avoid Premature Eye Degeneration

As we age, our eye tissues and muscles gradually deteriorate. Many may notice symptoms of presbyopia, which affects daily life. Apart from long-sightedness, eye degeneration may also cause other eye disorders. Hence, start taking care of your eyes early, provide your eyes with anti-aging nutrients, and avoid premature aging.



• Eye Care Tips •



Proper Postures

Stay at least 30cm away from books and digital monitors¹



Sufficient Lighting

Read and look at electronic screens only under properly lit environments



Rest & Relax

When using electronic devices, take 3 to 5 minute breaks every 30 to 40 minutes²



Regular Check Up

Book an eye test annually to stay informed of eye condition and possible solutions



Essential Nutrition

- ✓ **Anthocyanins** - a powerful antioxidant that helps alleviate eye dryness and fatigue, and neutralize damages caused by free radicals
- ✓ **Lutein** - filters blue light from electronic devices and protects the macula
- ✓ **Eyebright** - lubricates the eyes and reduces redness
- ✓ **Zinc & Taurine** - facilitate retinal and neural cell development, delay eye degeneration
- ✓ **DHA** - facilitates neurotransmission to the retina, promoting clear eyesight

1. CUHK Faculty of Medicine (2020) Survey on Schoolchildren's Eyesight
2. The Hong Kong Department of Health, Health & Medical Services

CATALO Eye Care & Nourishment Product Range

Formulated with 2 Patented Branded Ingredients for Natural Eye & Vision Care

FloraGLO
LUTEIN

Marigold Extract

- Filters harmful blue light from electronic devices¹
- Protects the macula and alleviates symptoms of distorted vision and floaters
- Promotes clear eyesight, delays presbyopia and myopia



FloraGLO Marigold Extract (Lutein)

- ✓ Generally Recognized as Safe (GRAS) by the FDA
- ✓ This patented branded ingredient that has been proven effective
- ✓ By over 90 clinical trials in filtering blue light¹



Suitable for All Ages Eye Care & Nourishment Supplements



Product code: 821001

For Ages 2⁺

Filtering Blue Light for Children's Digital Learning

Kid's Lutein Gummy

With carefully selected natural marigold, each serving contains 20 carrots' worth of lutein, which helps block out damaging blue light from electronic devices, protects the macula from harmful light rays, provides antioxidants to promote retina health and vision development. Served in the form of natural kiwi flavoured gummies, kids would definitely love it!



☆ Suitable for developing children and teenagers with eye fatigue, who spend long hours on books, TV, computers or mobile phones



Product code: 3040

For Ages 20⁺ FloraGLO LUTEIN

Phubbers' Choice to Tackle Blue Light & Macular Damage

Extra Lutein Formula

With carefully selected FloraGLO marigold extract, each serving provides standardised 20mg of Lutein and 1mg of Zeaxanthin. Helps filter blue light, delay symptoms of macular degeneration, and clinically proven to improve macular health².



☆ Suitable for those who spend long hours on electronic devices, sensitive to strong light, suffer from floaters, blurry or distorted vision

1. Tian, Y. et al. (2015), Arch. Biochem. Biophys. 572, 49-53 (Refer to FloraGLO® Lutein)

2. Roberts, Richard. Kemin Industries, Inc., assignee. Patent US9226940 B2. 5 Jan. 2016 (Refer to FloraGLO® Lutein)

3. U.S. Department of Agriculture, Agricultural Research Service (assuming each weighs 72g)

* Those who fit the scenario but not the target age group (including children) may consume this product. However, it is recommended to consult our Health & Wellness Advisors first.

mirtoselect®

Standardised 36% Anthocyanins

European Bilberry Extract



Mirtoselect® European Bilberry Extract (Anthocyanins)

- Soothes dry eyes and promotes clear eyesight
- Promotes sharp vision
- Alleviates eye fatigue and improves vision
- Powerful antioxidant that neutralizes damages caused by free radicals

- ✓ Proven effective by numerous clinical trials, and proven safe and reliable by 2,000 research participants⁴
- ✓ High-performance liquid chromatography (HPLC) has confirmed this specific bilberry extract contains Standardised 36% Anthocyanins
- ✓ Clinically proven to improve eyesight and relieve eye discomfort⁵

For Ages 2+

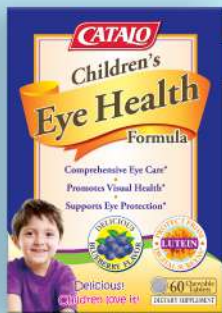
Specially Formulated to Promote Children's Eye Development

Children's Eye Health Formula

Contains Mirtoselect® European Bilberry Extract and™FloraGLO Marigold Extract which provides the essential antioxidants and nutrients for children's eyes. Also contains Lutein and Zeaxanthin to **filter blue light and protect the eyes**, Eyebright extract to lubricate the eyes and reduce redness. Formulated with Taurine and Zinc to **stimulate retinal and neural development, improve myopia and astigmatism**.



☆ Suitable for children and teenagers who spend long hours on reading, TV, computers and mobile phones, who suffer from myopia or astigmatism



Product code: 3378/ 3128

For Ages 12-30+

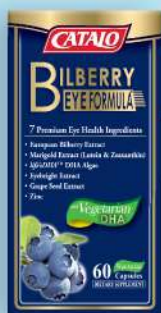
Essential Care for Students & Youngsters

Bilberry Eye Formula with Vegetarian DHA

Contains Mirtoselect® European Bilberry Extract, natural Eyebright extract,™FloraGLO Marigold Extract (contains Lutein & Zeaxanthin), vegetarian DHA from life'sDHA™ Algae extract, Grapeseed extract and Zinc. **These precious ingredients provide the essential nutrients for comprehensive eye care, relieving eye discomfort and redness, and delaying eye degeneration.**



☆ Suitable for adults who wish to maintain eye health, students and youngsters with developing eyesight, who spend long hours on TV and gaming



Product code: 3456/ 3185

For Ages 12-45+

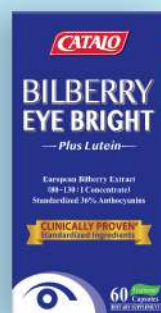
Teens & Office Workers' Choice for Eye Nourishment

Bilberry Eye Bright Extract (Lutein Added)

Contains Mirtoselect® European Bilberry Extract with standardised 36% Anthocyanins, which helps improve night vision, and is **clinically proven to relieve eye fatigue and improve eyesight**⁵. Formulated with previous Eyebright extract which **lubricates the eyes and reduces redness**. Specially formulated with™FloraGLO Marigold Extract (contains Lutein & Zeaxanthin) which helps filter blue light and prevent macular damage.



☆ Suitable for those who wear contact lenses, work at night, suffer from eye dryness, fatigue, redness or dark circles, or wish to improve myopia



Product code: 3182

Consume with Extra Lutein Formula for extra eye nourishment and macular care

For Ages 35-65+

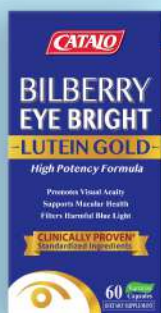
Adults & Seniors' Choice for Delaying Eye Degeneration

Bilberry EyeBright Extract GOLD

With 3x Marigold Extract⁴, an increased Lutein and Zeaxanthin content enhances the effect in protecting the macula from harmful light rays, including blue light and UV light. Contains Mirtoselect® European Bilberry Extract and Eyebright Extract, which help **achieve a sharper vision and delay in macular degeneration**.



☆ Suitable for those who suffer from presbyopia, deteriorating eyesight, myopia, who wish to improve macular health, spend long hours on electronic devices, or have undergone refractive surgery



Product code: 2848

For Ages 45-65+

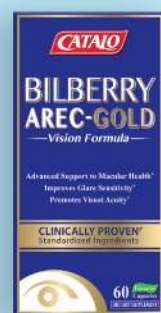
Targets Early Signs of Eye Degeneration

Bilberry AREC-GOLD Vision Formula

Based on the US National Eye Institute's AREDS2 formula and combining the benefits of Mirtoselect® European Bilberry Extract, Eyebright Extract,™FloraGLO Marigold Extract, Optisharp® Zeaxanthin, Zinc, Copper and other ingredients. **Targets age-related eye degeneration and delays signs of eye deterioration.**



☆ Suitable for seniors, those who have undergone eye surgery, who suffer from degenerating eyesight, floaters, or distorted vision



Product code: 3126

4. Morazzoni P, Bombardelli E, Vaccinino myrtillus I. Fitoterapia 1996;67:3-29 (Refer to Mirtoselect® European Bilberry Extract)

5. Kajimoto O. et al. (1998) Scient. Rep. Collect., 19:1 (Refer to Mirtoselect® European Bilberry Extract)

* Those who fit the scenario but not the target age group (including children) may consume this product. However, it is recommended to consult our Health & Wellness Advisors first.

When compared with Bilberry Eye Bright Extract (Lutein Added) (per tablet)

Joint Disorders Don't Just Affect the Elderly

Getting to the Crux of Joint Problems

Recent studies have shown that joint and knee pain have been affecting people as young as 30 years old¹, indicating that joint problems are no longer age-linked. Young adults – especially office workers who work for at least 8 hours – lack exercise and stretching. Staying in the same position is highly likely to cause joint stiffness and discomfort. The 3 tips below may help you alleviate any existing joint issues.



Fortifying Bone Density

Take natural **calcium** and **mineral** supplements to strengthen bone health

Building Muscular Strength

Consuming **collagen** helps increase muscle strength, improve coordination and promote joint support

Improving Joint Mobility

Replenish joints with natural ingredients that help restore synovial fluid, such as **Cetylated Fatty Acids** and **Hyaluronic Acid**

Do you have Healthy Joints?

If any of the following happens regularly, your bones, joints or muscles may be experiencing erosion or atrophy.

Symptoms	Loss of synovial fluid	Cartilage erosion, and decreased muscular strength	Muscle and bone loss	Joint erosion or deterioration
<ul style="list-style-type: none"> Regular stiffness in the joints Limited range of motion when exercising 	<ul style="list-style-type: none"> Popping sound in the knees when going up or down the stairs Prone to pain and discomfort when walking 	<ul style="list-style-type: none"> Exhaustion in the knees when going up or down the stairs Prone to strains when walking Bow-leggedness 	<ul style="list-style-type: none"> Soreness and irritation in the knees when going up or down the stairs Pain in the joints when walking 	
Your joints need...	<ul style="list-style-type: none"> ✓ Natural Cetylated Fatty Acids ✓ Hyaluronic Acid 	<ul style="list-style-type: none"> ✓ Natural Cetylated Fatty Acids ✓ Glucosamine ✓ Depolymerized Chondroitin Sulfate ✓ Collagen 	<ul style="list-style-type: none"> ✓ Calcium ✓ Vitamin D ✓ Collagen 	<ul style="list-style-type: none"> ✓ Natural Cetylated Fatty Acids ✓ Glucosamine ✓ Boswellia Serrata Gum Resin Extract ✓ Turmeric

1. Hong Kong Society of Musculoskeletal Pain (2019) Public Opinion Survey



Catch the Right Timing

Absorb Calcium Now to Slow Down Bone Loss

Many may think that only the elderly need to absorb calcium. In fact, it is crucial for all ages to stock up on calcium to avoid future bone health problems. While bones are formed during childhood and adolescence, bone density will hit its peak at the age of 30 and slowly decline by 1% per year afterwards. If the body lacks calcium, joint problems may arise and affect mobility, which is why calcium absorption is of utmost importance regardless of gender and age.



Pregnancy & Lactation Calcium loss leaves pregnant moms vulnerable to spasm, wiggling teeth and reduced bone density. When pregnant, it would be ideal to absorb premium Calcium to facilitate fetal bone development and reduce discomfort due to bone loss.

Infants & Toddlers Body development and bone growth largely depend on the body's Calcium levels. Babies usually absorb Calcium via breast or formula milk but may risk calcium deficiency if they do not form a balanced diet growing up. Hence, parents should pay close attention to children's eating habits and growth rate, providing them with calcium-rich foods so they can grow up strong and healthy.

Golden Years After the age of 50, our bone loss accelerates. We may notice increased soreness and exhaustion in the knees when going up or down the stairs, being more prone to stains and falls, and excessive hair loss. Taking premium Calcium will help relieve problems caused by bone loss.

Natural Calcium: Gentle on the Stomach & Maximizes Absorption*

Among the overwhelming amount of calcium supplements on the market, there are 2 main types of calcium: synthetic calcium (such as Calcium citrate and Calcium Carbonate) and natural Calcium, the better option. Premium-natural Calcium is commonly found in milk, coral and algae. Algae calcium contains rich minerals, is readily absorbable and does not cause bloating or constipation. Absorbing and locking in calcium are of equal importance. Vitamin D3 is key, as it facilitates calcium absorption and retention by the body. Without Vitamin D3, it is more difficult to benefit from calcium in foods. Calcium in our bones will be utilized, leaving us with fragile bones and prevents new and healthy bone formation.

	Natural Calcium		Calcium Citrate	Calcium Carbonate
Source	Coral Calcium, Algae Calcium	Milk Calcium	Synthetic	Limestones and oyster shells
Features	<ul style="list-style-type: none"> ✓ Provides natural Calcium, Magnesium and various minerals ✓ Bioactive and gentle on the stomach ✓ Readily absorbable and easy to digest by the human body ✓ Does not overload the body 	<ul style="list-style-type: none"> ✓ Almost identical to human bone structure 	<ul style="list-style-type: none"> ✗ Does not contain other minerals ✗ Easier decomposed by gastric acid than Calcium Carbonate but absorption is relatively low 	<ul style="list-style-type: none"> ✗ Does not contain other minerals ✗ More likely to cause constipation or bloating

*Natural Calcium is gentle on the stomach and boosts absorption: Algae Calcium is more absorbable than the usual calcium supplements (such as Calcium Carbonate and Calcium citrate)

How to Preserve Your Joints

Pick the Right Nutrients & Prevent Joint Deterioration

Consuming foods rich in collagen is a good way to maintain healthy joints. However, a lot of commonly consumed food – such as chicken feet, pork rind, fish maw, black fungus – are not ideal due to the amount of sauces and seasonings involved in cooking. High calories and fats may result in unwanted weight gain. Even after consumption and digestion, food collagen may not be able to generate collagen or synovial fluid. Taking supplements that contain Hydrolyzed Collagen Type II, Hyaluronic Acid, Chondroitin and Cetylated Fatty Acids will significantly help repair cartilage and replenish joints.

If you are experiencing any of the following it is time to start caring for your joints

- ✓ Joint **Pain**
- ✓ Joint **Erosion**
- ✓ Joint **Degeneration**
- ✓ Joint **Popping**



Natural Cetylated Fatty Acids Getting to the Root Cause of Joint Disorders

Nowadays, joint problems – be it mild or severe – are affecting people from all walks of life. Yet, how does one pick the right supplement among the overwhelming amount of supplements in the health foods market? Look no further! **Natural Cetylated Fatty Acids** is the key to **speedy pain relief**, **joint lubrication**, **cartilage repair** and **synovial fluid replenishment**. Here's why:



	Natural Cetylated Fatty Acids	Painkillers	Formula Milk for Joints	Other Joint Health Supplements
Source	Natural Cetylated Fatty Acids	Medicinal ingredient	Whole milk, Glucosamine, Collagen, synthetic Calcium, synthetic Vitamin	Other herbal or crustacean ingredients
Features	<ul style="list-style-type: none"> ✓ Forms a protective layer to reduce pain ✓ Replenishes lost synovial fluid, lubricates the joints and improves mobility ✓ Clinically proven effective and safe¹ 	<ul style="list-style-type: none"> ✗ Only alleviates pain temporarily ✗ Easy to accumulate in the body ✗ Likely to overload the liver and kidney when consumed for prolonged period of time 	<ul style="list-style-type: none"> ✗ Low on nutrients and unable to relieve joint pain immediately ✗ Each serving contains excessive calories and saturated fats, which may cause weight gain if consumed long-term 	<ul style="list-style-type: none"> ✗ Unable to replenish synovial fluid ✗ Regenerated cartilage continues to erode
Findings	Addressing the root of joint problems and supports long-term joint health	Only offers temporary relief to joint problems and may overload the body system	Slow and unnoticeable results and likely to cause weight gain	Unable to addressing the root of joint problems nor support long-term joint health

1. Hesselink R. et al. (2002) J Rheumatol, 29, 1708-12 (Refer to Flexijoint™ LPR Formula)

The CATALO FlexiJoint™ range is formulated with various outstanding patented natural ingredients, with clinically proven effects. Each FlexiJoint™ product addresses different joint and bone issues. Customers can pick the most appropriate ones to personalize their health foods collection!

A packet a day keeps joint problems at bay



Ultimate Joint Health Program Product code: 3442

- 7 DAYS** Extra Joint Pain Relief Within 7 Days!
- 60X** 60 Times More Hyaluronic Acid to Stimulate Collagen Synthesis*
- 3X** 3 Times More Effective in Alleviating Joint Discomfort!
- RESTORE** Supports Long-Term Synovial Fluid Nourishment

- Each packet contains rich premium natural ingredients, including GreenGrown® Natural Vegetarian Glucosamine, BioCell Collagen® Hydrolyzed Collagen Type II, Zanthin® Astaxanthin, Aquamin™ Red Algae Calcium, natural Vitamin D, Hyaluronic Acid etc.
- Provides essential care and nourishment for joints, bones, cartilage and muscles, relieves joint discomfort and delay joint atrophy

Fundamental Joint Support

- Suitable for adults who wish to maintain overall joint health
- Contains various essential nutrients for joints and bones, which help relieve joint discomfort, improve joint mobility, and promote bone health



FlexiJoint Formula™
Product code: 2982

- BioCell Collagen® Hydrolyzed Collagen Type II
- Cetylated Fatty Acids



DenxBone™ Formula
Product code: 3129

- Aquamin™ Red Algae Calcium
- Vitamin D3 (from Lanolin)

Essential Care for Old & New Injuries

- Suitable for those affected by repetitive motion, joint injuries and vigorous exercise
- Alleviates pain and discomfort, and nourishes cartilage that suffer from long-term stress and wear²



Extra FlexiJoint™ 3X Power Formula
Product code: 3437

- Antarctic Krill Oil
- Sodium Hyaluronate
- Zanthin® Astaxanthin



FlexiJoint™ HSC Collagen
Product code: 3140

- FORTIGEL® Collagen Hydrolysate
- Aquamin™ Red Algae Calcium
- Vitamin C (from acerola cherry)



FlexiJoint™ Topical Cream
Product code: 2831

- Cetylated Fatty Acids

Extract contains 60% Hydrolyzed Collagen Type II, 20% Depolymerized Chondroitin Sulfate and 10% Hyaluronic Acid, which help improve joint mobility and relieve joint pain

Sourced from freshwater microalgae, Astaxanthin provides premium nutrients for joint lubrication, and is clinically proven to be 3 times more effective than Glucosamine and Chondroitin in soothing joint discomfort²

Red Algae Calcium and natural Marine Magnesium provide vital nutrients for healthy bones, including natural Calcium, Magnesium, Zinc, abundant marine minerals and various micronutrients, providing the bones with crucial nutrients

Collagen Hydrolysate is a product of advanced hydrolysatation technology. It differs from regular Collagen by reaching the cartilage, stimulating regrowth and improving joint mobility

Refer to 2 Packs daily
1. Hesslerink R., et al. (2002). J Rheumatol. 29, 1708-12 (Refer to Cetylated Fatty Acids)

2. ST & T Research Department for Valensa International-Joint Health Dietary Supplement (2012) pp9-31 (Refer to Antarctic Krill Oil, Zanthin® Astaxanthin, Sodium Hyaluronate)

Rapid Swelling & Pain Relief

- Suitable for those who are prone to joint pain, stiffness or popping
- Offers speedy relief to inflammation and pain³ due to joint deterioration, synovial fluid loss, and prolonged cartilage erosion in as soon as 5-7 days



FlexiJoint™ LPR Formula
Product code: 2830

- Cetylated Fatty Acids



Extra FlexiJoint™ IFR Formula
Product code: 3139

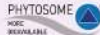
- Meriva® Turmeric Phytosome® (Curcumin-Phosphatidylcholine Complex)
- Casperome® & Apresflex® Boswellia Serrata Gum Resin Extract

with



FlexiJoint™ Topical Cream
Product code: 2831

- Cetylated Fatty Acids



Strengthening & Locking Calcium in the Bones

- Suitable for those aged 40 or above, experiencing menopause or who wish to maintain bone density
- Providing essential ingredients and vitamins for bones and cartilage, preventing bone loss and fortifying bone structures



DenxBone™ Formula
Product code: 3129

- Aquamin™ Red Algae Calcium
- Vitamin D3 (from Lanolin)



FlexiJoint™ HSC Collagen
Product code: 3140

- FORTIGEL® Collagen Hydrolysate
- Aquamin™ Red Algae Calcium
- Vitamin C (from acerola cherry)



Extra FlexiJoint™ Vegetarian Glucosamine Formula
Product code: 3230

- GreenGrown® Natural Vegetarian Glucosamine
- Aquamin™ Red Algae Calcium
- Natural Vitamin D3 (from Lichen)
- MSM
- Boswellia Serrata Gum Resin Extract



Delaying Joint & Muscle Degeneration

- Suitable for those with severely deteriorating joints
- Helps restore essential nutrients for the joints and bones, and delay signs of joint atrophy
- Enhances muscular endurance and strength⁴, prevents unsteady walking and constant falling and tripping



FlexiJoint Formula™
Product code: 2982

- BioCell Collagen® Hydrolyzed Collagen Type II
- Cetylated Fatty Acids



DenxBone™ Formula
Product code: 3129

- Aquamin™ Red Algae Calcium
- Vitamin D3 (from Lanolin)



FlexiJoint™ Muscle Collagen
Product code: 3215

- BODYBALANCE® bioactive collagen
- Vitamin C (from acerola cherry)

with



FlexiJoint™ Topical Cream
Product code: 2831

- Cetylated Fatty Acids



MERIVA Turmeric **PHYTOSOME** (Curcumin-Phosphatidylcholine Complex), an ingredient incorporated by patented technology, is 29 times more absorbable than other formulations in the market⁵, and clinically proven in reducing joint pain and improving joint mobility.⁶

BODYBALANCE Bioactive Collagen Hydrolysate are highly soluble tiny molecules that are readily absorbable. It is clinically proven to improve muscular strength and coordination⁴

AprèsFlex and **CASPEROME** Boswellia Serrata Gum Resin Extracts boast high bioavailability and are clinically proven to soothe pain and soreness in various areas, including neck, shoulders, back, wrists, knees and ankles, in as fast as 5-7 days³

GreenGrown Ultra-purified vegetarian glucosamine sourced from natural corn. Manufactured by patented fermentation technology, it is free from allergens, and suitable for vegetarians and those who are allergic to seafood.

3. Vishal A.A., et al (2011). Int. J. Med. Sci, 8(7), 615-622 (Refer to ApresFlex®)
4. Zdzienlik, D., et al. (2015). Br J Nutr. 114, 1237-1245. (Refer to BODYBALANCE® Soluble Bioactive Collagen)

5. Cuomo J., et al. (2006) J. Nat. Prod. 74, 664-669 (Refer to Meriva® Turmeric Phytosome®)
6. Belcaro, G., et al. (2010) Altern Med Rev, 15(4) 337-44 (Refer to Meriva® Turmeric Phytosome®)

Reversing the Aging Process Breaking through Traditional Health Practices

Chronological age does not mean biological age, and is not an indicator for degenerative conditions! In today's world, many live a hectic and fast-paced life. This may cause stress, which weakens the body's ability to repair itself and fight against oxidants. When our biological age becomes bigger than our real age, signs of aging may be reflected on our skin and body functions. At CATALO, we have put together several multifunctional nutrition programs that attend to specific health needs. These formulations contain various branded ingredients that are clinically proven to improve physique and overall wellness, ensuring the body stays young and healthy in the long term.



ULTIMATE CARDIO-CARE HEALTH PROGRAM

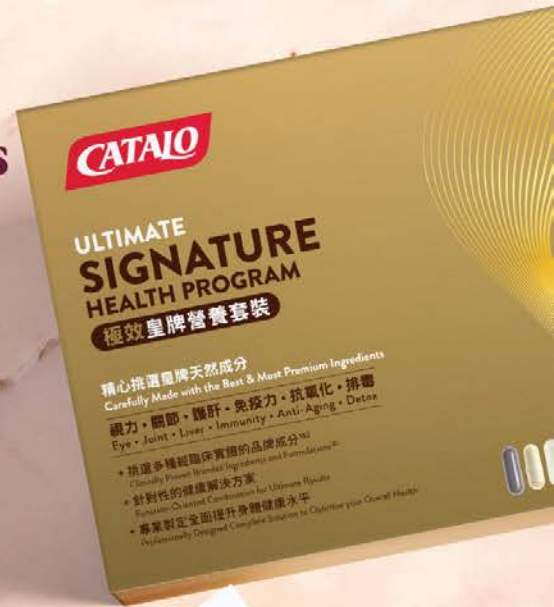
Product Code: 812003

Various patented ingredients to support cardiovascular health

- Incorporating 6 patented and branded ingredients to provide various key nutrients for cardiovascular health
- Maintains arterial elasticity, unclogs arteries, strengthens the heart, may help stabilize blood lipids, blood pressure and cholesterol levels[#], and preventing arterial stiffness

Suitable for those who wish to boost heart health, maintain normal blood lipids, blood pressure and cholesterol levels[#]

<p>Powerful antioxidative properties keeping the heart strong</p> <p>Kaneka Q10[®] Coenzyme Q10 Extract</p>	<p>Unclogs arteries and may help stabilize blood lipids[#]</p> <p>NSK-SD™ Nattokinase Extract & Organic Flaxseed Oil</p>	<p>May help stabilize blood pressure[#]</p> <p>New-Gar[®] Unique Formula</p>	<p>May help stabilize cholesterol levels[#]</p> <p>VEGAPURE[®] Plant Sterol & Superba[®] Krill Oil (300mg)</p>





ULTIMATE SIGNATURE HEALTH PROGRAM

Product Code: 812002

Formulated with various premium anti-aging ingredients only available at CATALO

- Incorporates various clinically proven and patented ingredients to achieve ultimate health results
- Replenishes various body organs to combat age-related disorders
- 5 main functions: promoting eye health, lubricating the joints, strengthening liver functions, boosting immunity, and fortifying the antioxidant system

Suitable for those who wish to keep body functions young and healthy, particularly the eyes, joints, liver, immune and antioxidant systems

Eye Health	Joint Health	Liver Health	Antioxidation	Natural Immunity
Natural Eyebright Extract Mirtoselect® European Bilberry Fruit Extract ™FloraGLO Marigold Extract Optisharp® Zeaxanthin	Natural Antarctic Krill Oil Sodium Hyaluronate Zanthin® Astaxanthin	Natural Milk Thistle Extract Natural Silybin Phospholipid Choline Complex	Natural Grapeseed Extract Natural Green Tea Extract Coenzyme Q10 Extract Natural Lycopene Extract Wasabi Extract Collagen	Natural Acerola Cherry Extract Natural Elderberry Extract Natural Echinacea Extract Zinc Vitamin D3
				

ULTIMATE GLUCO-CARE HEALTH PROGRAM

Product Code: 812004

Provides various nutrients that improve the glycaemic index (GI) and achieve healthier fat distribution

- Formulated with carefully selected, clinically proven branded ingredients that help stabilize blood sugar levels^{#1}, stimulate metabolism and body slimming
- Strengthens lung functions, maintains kidney health, helps prevent cell deviation, regulate body weight and improve sleep quality

Step1 Helps reduce hunger and calorie absorption

Step2 Increases blood circulation, boosts metabolism and reduces body fat

Step3 Improves antioxidant system and vascular health, relieves mouth dryness and itchiness, and fatigue

Suitable for those who wish to maintain healthy blood sugar levels, and those who have a sweet tooth[#]



May help stabilize blood sugar levels and blood pressure[#], and optimizes antioxidation
Strengthens veins and arteries, regulates body weight and fat ratio

Svetol® Natural Green Coffee Bean Extract	Natural High-Concentration Bitter Melon Extract	Macador™ Natural Maca Extract	100% Natural Agaricus Extract	CordycepsPrime™ non-GMO C5-4 Cordyceps Mycelium Extract
				

1. B. Joseph, et al. (2013), Asian Pac J. Trop Dis., 3(2): 93-102 (Refer to Bitter Melon Extract)

These products (812002, 812003, 812004) are not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for them has not been subject to evaluation for such registration. They are not intended to diagnose, treat or prevent any disease.

Embracing Menopause

During menopause, women often experience a decline in oestrogen levels, as well as physical and psychological changes, such as vaginal dryness, insomnia, hot flushes, bone loss, mood swings etc. Some may even notice weight gain or fluctuation as fat-burning hormones go low. There are medications designed to boost oestrogen but they may increase the risk of developing cancer. Hence, absorbing natural nutrients free from animal hormones and exercising regularly are great ways to deal with menopause.



Common Menopausal Symptoms

- Weight gain
- Palpitations
- Insomnia
- Mood swings
- Hot flushes
- Tiredness
- Vaginal dryness
- Irregular periods

4 Ways to Feel Good During Menopause

- 1 Exercise regularly to prevent muscle and bone loss
- 2 Drink enough water to hydrate the skin and relieve hot flushes
- 3 Maintain a balanced diet to reduce the risk of chronic illnesses
- 4 Develop more interests and hobbies to lift mood and calm anxiety

Keep Bones Healthy



Women's Calcium

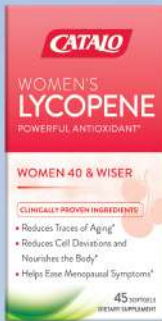
Product code: 3410



- Contains Aquamin™ Red Algae Calcium, a branded ingredient

- Provides essential nutrients, including Magnesium, Zinc and marine minerals, for women to prevent calcium loss
- Specially formulated with Vitamin D3, which facilitates calcium absorption and increases bone density and tenacity

Soothing Menstrual Discomfort



Women's Lycopene

Product code: 3481

- Formulated with Lyc-O-Mato™ Natural Tomato Lycopene
- Helps reduce menopausal discomfort
- Improves skin quality, reverses signs of aging and brightens skin tone

Lyc-O-Mato™



Women's Soy Isoflavones

Product code: 3053

- Contains isoflavones sourced from non-GMO soybeans with advanced biotechnology
- Helps ease menopausal discomfort and regular menstrual cycle
- Prevents bone loss and supports cardiovascular and brain vessel health

Intimate Health



Women's Cranberry Extract

Product code: 2853

- Contains the finest cranberries sourced from North America
- Helps reduce harmful substances in the urinary tract, vaginal and stomach
- Supports urinary tract, vaginal, gut, kidney and teeth health



Women's Vaginal Flora Probiotics

Product code: 812001

- Formulated with 5 carefully selected strains of FloraFIT™ Probiotics extracted with patented freeze-drying technology. Clinically proven in restoring balance to urogenital flora within 7 days
- Blended with Exocyan™ organic cranberry extract to ease itchiness, pain and unpleasant smell
- Comes in the form of DRcaps® vegetarian capsules that neutralize gastric acid, can enter intestines directly to enhance the survival rate of Probiotics



FloraFIT™



Exocyan™

Look Young & Radiant from Inside Out



Advanced Skin Pure

Product code: 3379, 3399

- Formulated with premium natural antioxidants to replenish skin from inside out, boost skin's natural defenses, strengthening hair and nails, as well as encouraging cell regeneration
- Rebuilds collagen in the deeper skin layers, moisturizes skin cells, prevents damages caused by free radicals to reverse signs of aging, promote plump, firm and glowing skin. Easy to carry and eat, all you need is 1 packet per day



Hydrating

Omega-3 helps lock in moisture while Astaxanthin, a natural antioxidant, helps improve skin elasticity



Moisturising

Incorporating Hyaluronic Acid, Hydrolyzed Collagen Type II and Depolymerized Chondroitin Sulfate to raise moisture level and elasticity, lumping and firming the skin



Nourishing

ch-OSA® natural Choline, a collagen stimulant, helps facilitate collagen synthesis to achieve glowing skin, voluminous hair and shiny nails



Anti-aging

With a wide range of 10 natural high-concentration antioxidants, skin cells are protected from damages caused by free radicals, reducing dark spots and wrinkles



Kickstart Men's Care Routine Early Keep The Prostate Healthy

The prostate is an important gland in the male reproductive system. Having an unhealthy prostate will affect male fertility. Prostate problems are common in men aged over 50. Some studies have found that approximately half of 50+ male population are affected by prostate problems¹, leading to disturbances in daily life such as frequent wake-up calls from sudden urges during bedtime, pain and swelling in the lower abdomen. Therefore, men should start looking after their prostate health starting from young. Replenishing appropriate nutrients, keeping a balanced diet and lifestyle help avoid premature aging in the prostate and declining wellness in the body and mind. The survey below may give you an idea of how healthy your prostate is.



Have you experienced any of the following in the past month?

Condition	No	<20% of the time	<50% of the time	≈50% of the time	>50% of the time	Almost all the time
1. Feeling like your bladder has not been completely emptied after urinating	0	1	2	3	4	5
2. Having the urge to urinate again within 2 hours	0	1	2	3	4	5
3. Having difficulty urinating	0	1	2	3	4	5
4. Straining when peeing	0	1	2	3	4	5
5. Having weak flow of urine or dribbling	0	1	2	3	4	5
6. Suffering from urinary hesitancy	0	1	2	3	4	5
7. Waking up from sudden urges during bedtime	0	1 time(1)	2 times(2)	3 times(3)	4 times(4)	5 times(5)

Results:

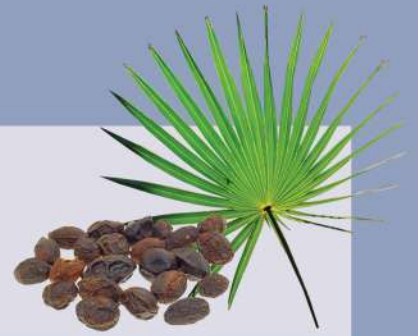
Scoring 0-7	You are experiencing mild symptoms. Develop good life habits, such as avoiding oily food, eating more fruits and vegetables, replenishing the 3 nutrients that promote prostate health, exercising regularly etc.
Scoring 8-19	You are experiencing moderate symptoms. Have regular body check-ups and replenish the 3 nutrients that promote prostate health to prevent premature prostate disorders.
Scoring 20-35	You are experiencing severe symptoms. Consult doctors for professional treatment.

1. The Family Planning Association of Hong Kong

The 3 Key Nutrients for Prostate Health

Saw Palmetto

High in fatty acids, plant sterol and flavonoids, Saw Palmetto fruit extract is commonly used in supporting prostate, sperm and kidney health. Studies have shown that after consuming 320mg of Saw Palmetto extract daily for 6 months, participants have noticed a reduction in wake-up calls from sudden urges, which significantly improves men's quality of life².

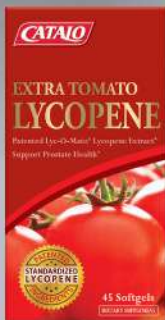


Lycopene

A powerful antioxidant that is 100 times³ more effective than Vitamin E in shielding skin from UV light damage, promoting cardiovascular health and preventing cell deviation. Lycopene has been proven by numerous clinical trials to help neutralize damages caused by free radicals, promote and improve men's prostate health and alleviate any pain or discomfort.

Pumpkin Seed Oil

Packed with Omega-3 and 6, Zinc, Magnesium, Iron and Plant sterol, pumpkin seed oil is a powerful antioxidant that helps promote cardiovascular health, neutralize damages caused by free radicals and preserve prostate cell integrity. Additionally, its abundant Zinc content is good for prostate and sperm health, as well as enhancing male vigor.

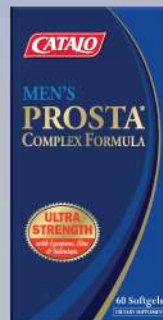


Extra Tomato Lycopene

Product code: 2986

- Formulated with Lyc-O-Mato™ Natural Tomato Lycopene, a high-concentration Lycopene sourced from non-GMO tomatoes with advanced technology
- Clinically proven³ to stimulate cell metabolism, reduce damages caused by free radicals, promote vascular health and improve male vitality

Lyc-O-Mato™



Men's Prosta Complex Formula

Product code: 3083

- Contains premium herbal Saw Palmetto extract, Pumpkin Seed Oil extract, Flaxseed Oil extract and Lycopene extract. Specially formulated with Zinc and Selenium
- Promotes men's health and better quality of life. Helps reduce the frequency of wake-up calls from sudden urges during bedtime, and enhance male vitality



Men's Vitality & Wellness Booster

Product code: 3482, 3202

- Contains various superfood blends and herbal extracts, including Ashwagandha Root and Cordyceps extract, which help reduce fatigue and boost vigor, relieve stress, enhance mood and improve concentration
- Formulated with multiple antioxidants, including Lycopene and Krill Oil, which promote cardiovascular and prostate health. Zinc and Maca also help enhance male vitality and stamina. Easy to carry and eat, all you need is 1 pack per day



Energy Boost

Contains **Ashwagandha Root** and **Maca** extract for enhanced stamina and energy level



Stress Relief

Incorporating **Cordyceps** extract and other **natural nutrients** to improve concentration and sleep quality, as well as alleviate stress



Performance Enhancement

Blending in **Antarctic Krill Oil** and **Coenzyme Q10** to promote maximal cardiovascular health, reduce fatigue and boost vigor



Wellbeing Improvement

Specially added **Lycopene**, **Zinc** and multiple vitamins to boost immunity, prostate health and overall wellness



MACADOR™



Vegapure®



CordycepsPRIME™

2. Gerber GS, et al. (2001) Urology, 58(6), 960-4 (Refer to Saw Palmetto)
 3. P.R. Gajendragadkar, (2014), J. PlosOne 9(6): e99070 (Refer to Lycopene)

Overindulged Over the Holidays? Time to Replenish the Liver

The urban population lives in a fast-paced world. Irregular eating habits, frequent socializing, drinking and smoking create an overwhelming body burden for many. If the body is not taken good care of, a lack of essential nutrients will damage the liver's ability to replenish and detoxify. As time goes by, toxins will accumulate in the body, leaving us prone to illnesses, fatigue, brain fog, as well as a declining health in the heart, gut, digestive and respiratory system. Hence, while you clink glasses and say "cheers!", do not forget to raise a glass to your body.



Take the quiz below to check if any of your organs are at risk!

1. How often do you drink or socialize (including eating oily food)?

<1 time per month	1-2 times per month	3-4 times per month	2-3 times per week	>4 times per week
1 mark	2 marks	3 marks	4 marks	5 marks

2. How many alcohol units do you usually drink at every occasion? (1 alcoholic unit is approximately 1 can or 350ml of beer / 1 glass or 120ml of wine / 1 shot or 30ml of spirits*)

0	1-2	3-5	6-8	≥9
0 marks	1 mark	2 marks	3 marks	4 marks

*These are estimated values and may vary depending on the alcoholic brand and concentration.

1-4 marks

It is time to start looking after yourself – such as having enough sleep – so the body can flush alcohol and fats out of your system.

5-6 marks

Drinking is starting to take a toll on your body. It needs a detox to preserve liver integrity.

7-9 marks

Your amount of drinking has become a bit too high. Try to drink less, get a check-up and seek treatment if necessary.

Foundational Health Collection

Total score = 1-4

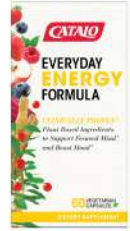
Special selections for heart, liver and brain health. Blended with Soy Lecithin which helps strengthen the liver, enhance memory and concentration skills, as well as unpolluted deep sea fish oil which helps preserve cardiovascular and brain vessel integrity, and boost brain power. The Everyday Energy Formula contains KSM-66® Ashwagandha Root and vitamin B for speedy recovery from social exhaustion and better emotion management.



Extra Soy Lecithin
Product code: 2900



Omega-3 Deep Sea Fish Oil
Product code: 2923



Everyday Energy Formula
Product code: 3390



KSM-66® natural Ashwagandha Root extract is Generally Recognized as Safe (GRAS) by the FDA and clinically proven¹ in stimulating metabolism and relieving stress

Liver Detox Collection

Total score = 5-6

Contains SOLEC® natural phospholipid choline to stimulate self-repairing properties in the liver, facilitating metabolic detox. Specially added Spirulina to promote gut health and flush out toxins. Also formulated with NSK-SD™ Nattokinase and Kaneka Q10® Coenzyme Q10 to prevent toxins from accumulating and unclog arteries.



Extra Blood Cleanser
Product code: 3491



Essential Liver Health Formula
Product code: 3290



Organic Spirulina Chlorella
Product code: 3447

NSK-SD™

NSK-SD™ Nattokinase is a patented ingredient sourced from Japan, intended for reducing the amount of Fibrin in the blood vessels, preventing blood clots, unclogging arteries and maintaining their elasticity²



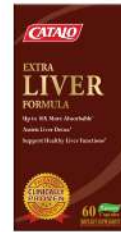
Extensive Care Collection

Total score = 7-9

Chronic alcohol consumption heavily affects the liver, gut, brain neurons and blood vessels. Hence, we have put together this extensive collection to encourage body antioxidation, cellular repair and replenishment, as well as immunity boost. Formulations include natural milk thistle extract to support liver metabolism, Manuka Honey to promote gut health, NSK-SD™ Nattokinase and Kaneka Q10® Coenzyme Q10 to strengthen heart functions.



UMF® 18+ Manuka Honey
Product code: 2959



Extra Liver Formula
Product code: 2971



Natural CoQ10 Heart Formula
Product code: 2903



Kaneka Q10® is a patented branded ingredient backed by 30 years of clinical research³. Unlike synthetic Coenzyme Q10, it is free from impurities, tobacco and common allergens, supporting vascular antioxidation and heart functions



Tips for Lung Health

Various pure herbal extracts, including Polinacea® Echinacea Root extract, Casperome® Boswellia Phytosome® (Boswellia Serrata-Phosphatidylcholine Complex), Meriva® Turmeric Phytosome® (Curcumin-Phosphatidylcholine Complex) and natural Vitamin C (from acerola cherry), contain natural nutrients for improving lung and respiratory health.



Refreshing Lung Formula
Product code: 3420



Natural Vitamin C Formula
Product code: 3145



PHYTOSOME® phospholipid choline complex is patented natural ingredient that is highly absorbable and effective in strengthening and preserving liver and lung integrity



1. Chandrasekar, K. et al. (2012) Indian J Psychol Med, 34(3), 255-262. (Refer to KSM-66® Ashwagandha Root Extract)

2. Japan Bio Science Laboratory Co., Ltd. NSK-SD® Nattokinase: Improving circulation & promoting cardiovascular health (Refer to NSK-SD® Nattokinase)

3. Hosoe, K., et al. (2007). Regulatory Toxicology and Pharmacology, 47(1), 19-28 (Refer to Kaneka Q10®)

Strengthening Immunity Rebuilding Gut Ecosystem with Probiotics

According to statistics, severely imbalanced gut microbiota is common among COVID-19 patients, allowing bacteria instead of antibacterial probiotics to grow¹. In fact, 70% of human antibacterial cells are found in the gut. Hence, keeping the gut healthy is key to boosting immunity.

Do Probiotics Raise COVID-19 Vaccine Efficacy?

Some studies have found that *Bifidobacterium Longum* and Prebiotics provide a synergistic effect in significantly increasing COVID-19 vaccine effectiveness². Incorporating Probiotics with Prebiotics boasts the same results³.

Strengthens
vaccine
efficacy

Encourages
digestion &
absorption

Promotes
gut health

Redistributes
body fat
accumulation

Alleviates
allergies

How Probiotics Boosts Gut Immunity

Prevents toxins and harmful substances from accumulating

Boosts antiviral properties

Reduces allergy symptoms

Inhibits bacteria growth

Probiotics & its Multifunctionality How to Pick the Best Probiotics

- 1 Quality over quantity. *Lactobacillus acidophilus*, *Bifidobacterium longum* and *Lacticaseibacillus rhamnosus* are some of the finest strains of probiotics
- 2 Probiotics that are rich in *Bifidobacterium* can significantly **boost immunity** and **trigger higher serological responses** after COVID-19 vaccination
- 3 Always choose supplements that contain multiple strains of probiotics, which provide **more benefits and layers of protection** than one single strain of probiotics
- 4 A lot of similar products on the market are formulated with artificial colors and seasonings. It is recommended to consider **flavorless or natural fruit flavored, and preservative-free supplements**.

Are Probiotics and Prebiotics the same thing? No! Prebiotics are stimulants of probiotic generation in the gut. They are composed mainly of oligosaccharides, such as insulin and Fructooligosaccharide (FOS), and cannot be directly absorbed or utilized by the human body. A blend of Probiotics and Prebiotics creates synbiotics, which stimulates Short Chain Fatty Acids (SCFAs) formation in the gut. Health supplements formulated with both Prebiotics and Probiotics are more effective than supplements that only contain one of them. Together, the two substances encourage metabolism of immune cells and support higher serological responses after getting COVID-19 vaccines⁴

1. CUHK Faculty of Medicine (2020). "CUHK Faculty of Medicine develops probiotic formula to target gut microbiota imbalance amidst COVID-19". Retrieved from: <https://www.med.cuhk.edu.hk/press-releases/cu-medicine-develops-a-probiotic-formula-to-target-imbalance-in-gut-microbiota-in-covid-19>

2. Jiezhong Chen et al. (2021). Journal of Functional Foods. 87, 104850 (Refer to vaccines for tuberculosis, polio virus and tetanus toxin)

3. Jiezhong Chen et al. (2021). Journal of Functional Foods. 87, 104850 (Refer to combination of probiotics and prebiotics)

4. CUHK Faculty of Medicine. <https://www.med.cuhk.edu.hk/press-releases/joint-cuhk-hku-study-discovers-efficacy-of-covid-19-vaccines-correlates-with-a-probiotic-bacterium-bifidobacterium-adolescentis>



Why not absorb Probiotics from cup-size yogurt or yogurt drinks?



**CATALO
Active Probiotics
Natural Defense
Formula**



**Cup-size
yogurt
on the market**

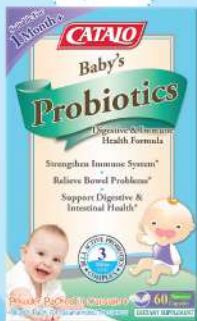


**Yogurt drinks
on the market**

Types of Probiotics	Contains 7 premium strains of active probiotics	Usually only contains 1-2 strains of Probiotics	Usually only contains 1 strain of Probiotics. Easily affected by external factors or gut microbiota, losing bioactivity.
Amount of Probiotics	Each packet provides 10 billion active Probiotics	Varies from product to product. Usually around 1 million Probiotics per cup	Around 10 billion Probiotics per bottle
Activity Level	As suggested by storage instructions, bioactivity remains the same before expiry date	No guarantee as regular dairy products always get pasteurized	Usually packaged in transparent plastic bottles, leaving them vulnerable to reduced bioactivity during transportation or direct sunlight exposure
Sugar Level	Extremely low. Does not really affect blood sugar levels	Extremely high. Around 20g of sugar per cup	Extremely high. Around 17g of sugar per bottle (approximately 100ml)
Allergens	Free from gluten, milk protein, soybeans, wheat, corn, artificial flavors, colors and preservatives	Contains milk protein (allergen) and may also contain artificial flavors and colors	Usually contains milk powder which is a source of milk protein (allergen). May also contain artificial flavors
Convenience	Easy to carry	Requires refrigeration, which makes it difficult to carry around	Requires refrigeration, which makes it difficult to carry around

**Children's Intestinal Health
& Allergy Relief**

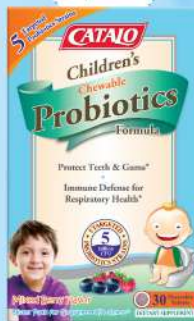
3 billion*
2 strains of probiotics



**Children's Probiotics
Formula**

Product Code: 3306/3377

5 billion*
5 strains of probiotics

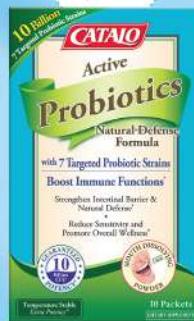


**Children's Probiotics
Chewable Formula**

Product Code: 3251

**Adults' Antiviral &
Intestinal Health**

10 billion*
7 strains of probiotics



**Active Probiotics
Natural Defense Formula**

Product Code: 3229

**Immunization Efficacy,
Effectiveness & Protection**

20 billion*
10 strains of probiotics



**Extra Probiotics
Intensive Formula**

Product Code: 3246

**Rich in various
Bifido-
bacterium**

Contains as many as
20 billion
Probiotics

**Strengthens
COVID-19
vaccine
protection**

**Rebalances
the gut
microbiota**

*The amount of Probiotics per serving

Tips from Nutritionist: Staying Safe in the Era of COVID-19



Although vaccination rate is continuously rising, the COVID-19 pandemic is still out there and many are still worried about possible side effects. The truth is, whether or not you have been jabbed, maintaining personal hygiene and boosting immunity is still crucial. Apart from vitamin C, there are many other nutrients to fortify the body's natural defenses against viruses!

Post-Immunization Aftercare

- ✓ Avoid high-sugar and high-fat foods as they may cause inflammation
- ✓ Replenish immunity-boosting nutrients
- ✓ Sleep 6-8 hours daily
- ✓ Drink at least 6-8 glasses of water daily
- ✓ Check blood pressure and temperature regularly, and pay attention to any changes to the body.
- ✓ Avoid overworking, staying up late and excessive drinking



Vitamin C: a powerful antioxidant that helps boost immunity, facilitate calcium and iron absorption, and promote bone and blood health. Adults should absorb at least 75mg of Vitamin C¹ daily.



Zinc: a crucial substance for the immune system. Facilitates protein synthesis and wound healing. Adult males should absorb at least 11mg while females should absorb 8mg of Zinc daily¹.



Vitamin D: strengthens antiviral and antibacterial functions. Adults should absorb at least 600IU of Vitamin D daily¹.



Quercetin: boasts powerful antioxidative properties which help neutralize cell damages caused by free radicals, prevent release of histamine, and alleviate allergic symptoms.

8 Premium Antiviral Natural Nutrients you should know about



Green Tea Extract: provides catechin and Epigallocatechin gallate (EGCG), two active ingredients that help regulate Immunoglobulin G (IgE) levels³, soothe allergies and discomfort in the respiratory tract and skin.



Elderberry Extract: rich in antioxidants such as plant polyphenols and anthocyanins. Clinically proven in speeding up recovery and soothing respiratory tract discomfort².



Echinacea Extract: creates a synergistic effect with Elderberry extract, fighting bacteria and respiratory tract discomfort.



Propolis Extract: rich in flavonoids, boast powerful antioxidative and antibacterial properties. Strengthens immunity and promotes oral, lung, tracheal and respiratory health.

1. National Institutes of Health
 2. Tiralongo, E. (2016) Nutrients, 8(4), 182 (Refer to Elderberry (*Sambucus nigral.*) Extract)
 3. Wu S. Y., et al. (2012) Scandinavian Journal of Immunology, 76(3), 306-10 (Refer to Green Tea)

Natural Flavonoids with Powerful Antibacterial Properties

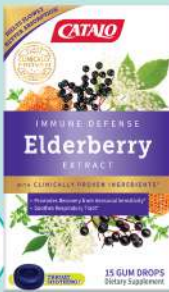


Extra Propolis Extract Product code: 2958/821009

- Manufactured with advanced technology from Australian premium non-polluted propolis, this high-concentration natural propolis extract contains precious bioflavonoids and is alcohol-free
- Contains abundant flavonoids with powerful antibacterial properties. Boosts immunity and supports oral, lung, tracheal and respiratory health. Also boasts antioxidative properties which protects the liver, mouth and gum from smoking and drinking-related diseases

☆ Suitable for those who wish to strengthen tracheal, respiratory or overall immunity, who suffer from oral or throat discomfort, ulcers or acnes, who are prone to cold and flu, who work long hours, frequently smoke, drink, socialize, or stressed

Soothing Respiratory Allergies Caused by Seasonal Changes

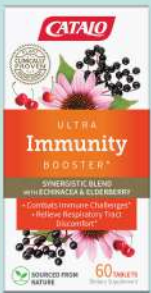


Elderberry Immune Defense Gum Drops Product code: 3394

- Formulated with European Elderberry², natural thyme extract and Vitamin C – all of which help strengthen the immune system
- Clinically proven in relieving respiratory tract allergies caused by seasonal changes, supporting the body's natural defenses and speeding up recovery²

☆ Suitable for children and adults who are prone to allergies and discomfort in the throat and respiratory tract, who wish to improve immunity

Fortifying Body's Natural Defenses Against Virus Infections



Ultra Immunity Booster Product code: 3478

- Formulated with clinically proven premium natural herbal extract² to maximize immunity. Elderberry and Echinacea create a synergistic effect, shielding cells from damages caused by free radicals and bacteria, as well as soothing respiratory tract discomfort
- Also formulated with natural Vitamin C (from natural acerola cherry extract), Zinc and natural Vitamin D3 to boost immunity and strengthen the body's natural defenses against environmental (such as seasonal and temperature) changes

☆ Adults who wish to strengthen their immune system and physique, who are prone to respiratory tract discomfort due to seasonal or temperature changes, who lack outdoor activities

Unique Spraying Formula for Enhanced Absorption



Vegetarian D3 Spray Product code: 3389

- Each serving provides 1000IU of vitamin D3, which meets NIH daily intake requirements and helps promote bone and teeth health
- Sourced from natural lichen, our vitamin D3 is suitable for vegetarians, can be sprayed directly into the mouth or on food and drinks for consumption

☆ Suitable for adults, pregnant and lactating women, those who lack exercise and wish to improve teeth and bone health

Natural Acerola Cherry for Immunity Boost



Natural Vitamin C Formula Product code: 3145

- Each serving provides 4 oranges' worth of natural Vitamin C¹. More absorbable than synthetic Vitamin C and does not overload the body
- Rich in natural bioflavonoids and anti-aging properties. Helps delay cell deviation, boost immunity, rebuild collagen, whiten and refine the skin; Preserves capillary integrity, relieve allergy symptoms, encourages faster wound healing, iron absorption and red blood cell production. Comes in the form of easy-to-eat orange & pineapple flavored chewable tablets

☆ Suitable for children, teenagers and adults who wish to stay young and healthy, boost immunity, who dislike swallowing pills

1. U.S. Department of Agriculture, Agricultural Research Service (assuming each weighs 96g)
2. Tiralongo, E. (2016) Nutrients, 8(4), 182 (Refer to Elderberry (*Sambucus nigra*L.) Extract)

Myth Busting on Baby Itchiness

Skin allergies can happen to all ages. If not dealt with properly, it may affect young children's willingness to learn and physical development, leading to negative emotional effects due to appearance. The Q&As below may shed light on how to prevent lifelong skin allergies.



Myth #1: How to Prevent Babies from Developing Skin Allergies?

When babies reach 6 months old, the immunity-boosting nutrients absorbed during fetal state will gradually run out, rendering them vulnerable to allergies and intolerances. But fear not: by equipping babies with specific antibodies and nutrients as early as possible, the chance of them developing allergies will reduce significantly. Breast milk contains natural Immunoglobulins, including Lactoferrin, Immunoglobulin G (IgG) and growth factors, which is why breastfeeding boosts babies' immune system. For mothers who are unable to breastfeed, it is recommended to feed babies milk with added IgG-rich Colostrum, for maximal immunity boost.

Nutrients	Regular milk	Colostrum
IgG	Little	50-200 times
Lactoferrin	Little	2-20 times
Growth factors	Very little	200-300 times

Blum and Hammon, 2000; Bonnet et al., 2002; Blum and Baumrucker, 2008; Bethany, M. H. et al., 2021



Kid's Lactoferrin with Colostrum

Product code: 822002

- ✓ Each serving provides 3mg of Immunoglobulin G (IgG) and 1.5mg of Lactoferrin

Myth #2:

Does a beef-, seafood- and dairy-free diet prevent skin allergies?



Skin allergy can be triggered by many possible factors. Simply staying away from common allergens may not help. An inadequate diet may even cause malnutrition. Hence, it would be wise to get professional blood and skin tests to check what food and substances the body is allergic to, before considering different eating habits. Absorbing probiotics and having a balanced diet since young help balance the gut microbiota, improve overall gut immunity, and prevent allergic reactions.

Research have shown that probiotics – including *Lactocaseibacillus rhamnosus*, *Lactobacillus acidophilus* and *Bifidobacterium longum* – are effective in soothing allergy symptoms.^{1,2}



Baby's Probiotics Skin & Immune Health Formula

Product code: 3304/ 3152

- ✓ Contains 6 premium strains of Probiotics
- ✓ Specially chosen to equip newborns and infants with anti-allergy and immunity-boost nutrition



Natural Quercetin & Green Tea Extract

Product code: 2934

Myth #3:

Are rash creams and ointments effective?

Creams and ointments on the market may help hydrate and moisturize the skin, reduce peeling, itchiness and risks of infection. However, extra care should be taken when using them on babies. Only pick the ones that do not contain free formaldehyde, artificial musk, colors and flavors, and ones that have a 5.0-7.0 pH value. Antihistamine is a popular medicinal ingredient to treat itchiness. Common natural foods such as onions, apples, broccoli and green tea are packed with Quercetin and polyphenol antioxidants, which help stabilize mast cells, prevent release of histamines and contain allergic reactions.

Each Natural Quercetin & Green Tea Extract capsule provides

Contains 630mg of Quercetin and 315mg of Epigallocatechin gallate (EGCG)

Formulated with high-concentration Quercetin and Green Tea extract for optimal results

1. Isolauri, E., et al. (2000). Clinical & Experimental Allergy, 30(11), 1605-1610. (Refer to *L. rhamnosus* and *B. lactis*)
 2. Gerasimov, Sergei V., et al. American journal of clinical dermatology, 11(5), 351-361. (Refer to *L. acidophilus* and *B. lactis*)
 3. USDA National Nutrition Database (assuming each weighs 330g)
 4. Lamprecht M., (2005) Antioxidants in Sport Nutrition, Chapter 8., 8.1 (assuming each cup weighs 250mL)

Essential Nutrients for Pregnant Moms

Lifelong Health for Babies Right from the Start

There's nothing better than bringing a happy and healthy child into the world. For that to happen, taking function-oriented supplements with responsibly sourced natural ingredients during different stages of pregnancy is key to providing sufficient nutrients for both mother and baby.



Nutritional Needs During Pregnancy



Folic Acid 600mcg ¹	<ul style="list-style-type: none"> ★ Critical to healthy cell division, brain and neuron formation during prenatal development stages 	<ul style="list-style-type: none"> ★ Necessary for building fetal cranial nerves maintaining and spinal health 	<ul style="list-style-type: none"> ★ Absorbed by babies through breast milk; facilitates the growth of cranial nerves
DHA 300mg ²	<ul style="list-style-type: none"> ★ Much needed for fetal brain growth and development, and bringing a healthy new life into the world 	<ul style="list-style-type: none"> ★ A fetus' brain starts to grow as early as 16 days into pregnancy, which is why a lot of DHA is needed to maintain eye, brain and neuron health 	<ul style="list-style-type: none"> ★ An essential nutrient for babies' brain and eye development and skin health ★ Helps relieve sensitivity, intolerances and stress
Vitamin C 80-120mg ¹	<ul style="list-style-type: none"> ▲ Boosts immunity and allows pregnant moms to nurture a new life in their best self 	<ul style="list-style-type: none"> ★ Boosts iron absorption to help generate blood to provide nutrition for the fetus and prepare for giving birth 	<ul style="list-style-type: none"> ★ Having ample vitamin C in your body helps resist bacteria and lower the chance of falling ill and consuming Western medicine
Vitamin D 600IU ¹	<ul style="list-style-type: none"> ▲ Boosts iron absorption to consolidate bone health and prepare the body for gestation 	<ul style="list-style-type: none"> ★ Boosts iron absorption to consolidate bone health of pregnant mothers and fetuses 	<ul style="list-style-type: none"> ★ Absorbed by babies through breast milk; Boosts iron absorption to maintain bone and teeth health
Calcium 1000-1300mg ¹	<ul style="list-style-type: none"> ▲ Strengthens the spinal cord to support weight gain during pregnancy 	<ul style="list-style-type: none"> ★ Prevents pregnant women from excessive hair loss, cramps and spasms; Facilitates fetal bone growth and development 	<ul style="list-style-type: none"> ★ Absorbed by babies through breast milk; helps babies' bone and teeth development ★ Maintains hair and teeth health and improve quality of sleep for pregnant mothers
Iron 27mg ¹	<ul style="list-style-type: none"> ★ The lifespan of red blood cells is 120 days, which is why it is important to start absorbing iron 3 months before conception in order to prepare yourself for gestation 	<ul style="list-style-type: none"> ★ Iron, which helps generate red blood cells, is much needed during giving birth and postpartum stages 	<ul style="list-style-type: none"> ★ Stimulates babies' body and brain growth and development
Probiotics	<ul style="list-style-type: none"> ▲ Helps balance probiotics in the gut, fortify gastrointestinal functions and immunity for pregnant moms 	<ul style="list-style-type: none"> ★ Improves digestive functions and helps absorb essential nutrients for pregnant women; keeps the fetus healthy throughout the gestation stage ★ Boosts immunity and gastrointestinal health of the fetus 	<ul style="list-style-type: none"> ★ Maintains fetal skin health and reduce the likelihood of allergies in the future ★ Soothes occasional gastrointestinal discomfort of pregnant mothers
Soy Lecithin	<ul style="list-style-type: none"> ▲ Keeps heart and brain blood vessels healthy 	<ul style="list-style-type: none"> ▲ The main ingredient that makes up amniotic fluid; Facilitates fetal brain development, stimulates health and growth 	<ul style="list-style-type: none"> ▲ Rich in choline which stimulates and improves babies' brain cells and memory skills ▲ Helps generate breast milk
Choline	<ul style="list-style-type: none"> ▲ Improves memory skills and regulates emotions 	<ul style="list-style-type: none"> ★ Critical to early fetal brain development 	<ul style="list-style-type: none"> ★ Absorbed by babies through breast milk; helps control muscles and facilitate neurotransmission

1. National Institutes of Health, Dietary Reference Intakes (DRIs), USA
2. American Pregnancy Association



1 pack
per day

Providing pregnant mothers with all the key nutrients

Pregnancy Care Packet



Pregnancy Essential Nutrient Program Product code: 3440 / 3441

- 1 packet a day provides pregnant moms and fetuses with multiple natural vitamins, minerals and other nutrients sourced from fruits and vegetables
- Contains DHA from natural algae, 800mg of Folic Acid and Choline, which facilitate babies' eye, brain and nervous system development; also formulated with 804mg of Calcium and 800IU of Vitamin D3 to support maternal and fetal bone, joint and teeth health



- Pregnancy Essential Nutrients Formula**
- ✓ DHA (natural deep sea fish oil)
 - ✓ VitaCholine® Choline (from grapes)
 - ✓ Folic Acid (from Organic Lemon Peel)
 - ✓ Vitamin B12 ✓ Vitamin D3 (from Lanolin)



Natural Iron Made with Organic Curry Leaf

- ✓ Iron (from Organic Curry Leaf)



- Vegetarian Calcium Formula**
- ✓ Calcium (Aquamin™ Red Algae Calcium)
 - ✓ Vitamin C (Natural Acerola Cherry Extract)



Wholefoods Nutrition Formula

- Provides maximal nutrients for fetal brain, eye and bone development
- Boost pregnant women's immunity, bone and muscle health



VitaCholine® Choline (from grapes) helps facilitate fetal brain and nervous system development



Vegetarian DHA Formula

- ✓ DHA (life'sDHA natural algae)



Vegetarian Folic Acid from Organic Lemon Peel Chewable Formula

- ✓ Folic Acid (from Organic Lemon Peel)



Extra Soy Lecithin (Pregnancy and Breast Feeding)

- ✓ Lecithin (from premium soybeans)

Brain & Eye Care Collection

- Encourages fetal eye and brain development
- Helps contain breast milk thickness and increase breast milk supply for lactating moms



life'sDHA™ is sourced from natural microalgae. Pure and readily absorbable, it is a popular ingredient in US infant formulas



Pregnancy Natural Acerola Vitamin C Chewable Formula

- ✓ Vitamin C (Natural Acerola Cherry Extract)



Active Probiotics Natural Defense Formula

- ✓ 7 premium strains of Probiotics

Prenatal Wellbeing & Anti-allergy Collection

- Boosts pregnant moms' and fetuses' natural defenses, as well as digestive health
- Promotes fetal health throughout pregnancy and reduces chances of babies developing allergies in the future

Drop by Drop: Raising Strong & Healthy Babies

From Infancy to Childhood and Beyond

An infant's brain weighs approximately 25%¹ that of an adult's brain. The period between 0 to 1 year old is the key development stage for the brain structure when infants' brain capacity would gradually increase by 50%² within a year. Therefore, absorbing sufficient premium non-polluted DHA is extremely important for stimulating growth in the brain, eyes and nervous system, laying the foundation for intellectual and learning abilities, as well as cognitive and social skills.

Infant & Kids' Health Product Range


Optimal Growth for the Brain, Bones and Immune System



Baby's D3 Drops Product code: 3386

- Specially catering to health needs of infants and young children. Formulated with Vitamin D₃ sourced from natural lanolin, 1 drop per day gives you the required daily intake of Vitamin D₃ for 0 to 12-month-olds, as suggested by the American Academy of Pediatrics³
- Facilitates calcium absorption for bone and muscle building, as well as immunity boost

Each serving provides 400 IU of natural Vitamin D₃


1 drop of
Baby's D₃ Drops

is equivalent
to =

**10 large
eggs⁴**



1. National Center for Infants, Toddlers and Families. Brain development. 2015
2. Huelke DF, Annu Proc Assoc Adv Automot Med. 1998; 42:93-113
3. American Academy of Pediatrics

Liquid Calcium + Vitamin D3 for Babies & Kids

Product code: 3438



- Carefully selected patented MCH-Cal™ Calcium sourced from New Zealand non-polluted cows. Also contains natural Calcium and Phosphorus to encourage nutrient absorption and utilization, as well as bone and teeth growth
- Specially added Vitamin D3 to facilitate better calcium absorption for the digestive system
- Free from allergens such as dairy, eggs and gluten

Each serving provides 150mg of Calcium and 400 IU of Vitamin D



2 fish-shaped softgels

is equivalent
to =

4½ glasses of
soya milk⁶⁺
10 large eggs⁴



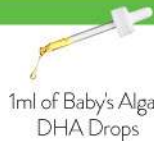
Baby's Algae DHA Drops

Product code: 3109



- Formulated with life'sDHA™ ultra-purified and highly soluble algae DHA, which is sourced from natural microalgae with patented technology
- Comes in a glass dropper bottle. Free from heavy metals, plastic or other harmful substances, this product is Generally Recognized as Safe (GRAS) by the FDA
- Encourages babies' brain and eye development, as well as learning and language abilities

Each serving provides 200mg of DHA



1ml of Baby's Algae
DHA Drops

is equivalent
to =

200g
of Tuna⁵



Baby's Algae Omega-3 Drops

Product code: 3195/ 3119



- Formulated with life's™ OMEGA ultra-purified algae Omega-3 which is sourced from natural microalgae with patented technology, is highly soluble and boast a DHA 2:1 EPA ratio
- Comes in a glass dropper bottle. Free from heavy metals, plastic or other harmful substances, this product is Generally Recognized as Safe (GRAS) by the FDA
- Helps cultivate emotional stability, improve concentration and cognitive skills, and facilitate IQ and EQ development

Each serving provides 432mg of DHA and 216mg of EPA



2ml of Baby's Algae
Omega-3 Drops

is equivalent
to =

506g
of Tuna⁵



Algae DHA for Babies & Kids

Product code: 3449



- Sourced from pure and safe non-GMO microalgae with advanced technology, each fish-shaped softgel provides 110mg of DHA
- Special fish-shaped design for convenience and ease to carry. When mixing with food or beverages, cut off the tail of the softgel to release droplets

Each serving provides 220mg of DHA



2 fish-shaped softgels

is equivalent
to =

230g
of Tuna⁵



4. USDA National Nutrition Database (assuming each weighs 50g)
5. EPA and DHA Content of Fish Species (Data From NDB SR 16-1)
6. USDA National Nutrition Database (assuming each cup weighs 170ml)



The DOs & DON'Ts of Healthy Eating

By maintaining a balanced diet, children benefit from absorbing nutrients essential for growth and development from different types of food. However, some kids become fussy eaters, taking a liking to junk food such as ice cream, potato chips, candies, bubble tea etc. Snacks can be filling, leaving toddlers with no appetite for proper meals, and excessive intake of artificial flavors, colors and preservatives that are harmful to the body.

So what can we do to overcome picky eating? Cooking activities can be fun and may pique kids' interest in other foods, as well as fostering parent-child bond. Other ways include encouraging children to try new things and provide them with healthy alternatives. When choosing snack substitutes, opt for foods that contain DHA, Calcium, vitamins, and minerals as they facilitate growth and development in children's brain and other vital organs.

DOs

Omega-3

- Fosters children's emotional and intellectual development, as well as improves concentration¹
- Consuming an adequate amount of EPA enhances children's EQ and emotion management²



Deep sea fish oil, microalgae, flaxseed oil and walnuts are all packed with Omega-3

Calcium

- Children aged 4 or above should consume 800-1000mg of Calcium daily³
- Helps fortify bones



Milk, cheese, tofu and green-leaf vegetables are packed with calcium

Vitamin B

- Facilitates neurotransmission and brain development. Maintain a balanced diet, especially with Vitamin B6 and B9 (Folic Acid) sourced from fruits and vegetables, as well as vitamin B12 sourced from meat



Beans, bananas, oatmeal and meat are packed with Vitamin B

DON'Ts

Be Cautious with Sugar Intake

- Long-term excessive sugar intake may affect one's concentration and patience
- According to the World Health Organization (WHO), adults and children should consume no more than 25g or 6 teaspoons of sugar per day, which is 5% of daily maximum calorie intake⁴



One can of Coca Cola already exceeds recommended daily sugar intake

Avoid Artificial Colors

- According to a Hong Kong Centre for Food Safety report, children may become hyperactive when consuming excessive artificial colors⁵
- Opt for food from natural sources instead of those with synthetic food additives

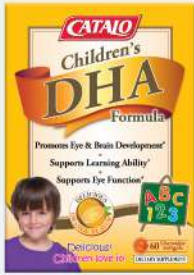


Soft drinks, candies and ice cream contain a large amount of artificial colors



1. Raine, A. et al. J Child Psychol Psychiatry. 2015 May; 56(5): 509-520.
2. Sinn, N. & Bryan, J. J. Dev. Behav. Pediatr., 2007; 28, 82-91
3. Chinese dietary reference intakes (2013)

4. World Health Association (WHO)
5. The Hong Kong Centre for Food Safety
Assuming 2000 calories as an adult's daily calorie intake



Children's DHA Formula Product code: 2983

- Formulated with high-concentration DHA extract with a DHA5:1EPA ratio, sourced from non-polluted deep-sea fishes with distillation technology
- Orange-flavored and easy to chew. Helps raise children's learning capacity and vision clarity

Each serving provides 200 mg of DHA

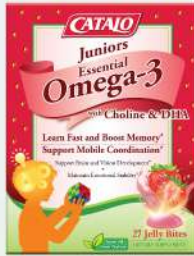


2 Children's DHA
Formula softgels

is equivalent
to =

**200g
of Tuna¹**






Juniors Essential Omega-3 Formula with Choline & DHA Product code: 3397



- Each strawberry flavored jelly bite provides 640mg of high-concentration deep sea fish oil extract and 200IU of natural Vitamin D3
- Formulated with VitaCholine® natural Choline sourced from grapes. Stimulates brain neuron development, improve concentration, and improves muscle coordination

Each serving provides 320mg of DHA and 200IU of natural Vitamin D3



1 Juniors Essential
Omega-3 Formula with
Choline & DHA jelly bite

is equivalent
to =

**320g of Tuna¹+
5 large eggs²**





Children's Eye Health Formula Product code: 3378/3128



- Contains Mirtoselect® European Bilberry Extract and™FloraGLO Marigold Extract, 2 premium ingredients to prevent blue light damage
- Specially formulated with Taurine and Zinc to promote children's eye development, sharpen vision and improve myopia

Each serving provides 22mg of European Bilberry Extract and 2mg of Lutein

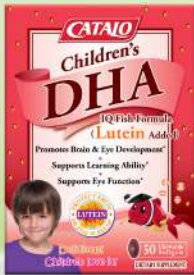


2 Children's Eye Health
Formula tablets

is equivalent
to =

**40g bilberries³+
1 cup of Corn⁴**






Children's DHA IQ Fish Formula (Lutein Added) Product code: 3196/3166



- Contains ultra-purified and high-concentration Omega-3 Deep Sea Fish Oil extract. A DHA 5:1 EPA ratio helps facilitate children's brain and eye development
- Specially formulated with™FloraGLO Marigold Extract which contains standardised 20% Lutein. Filters harmful blue light and promotes macular health


Each serving provides 200mg of DHA and 1.2mg of Lutein

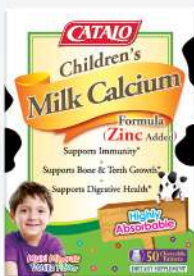


2 Children's DHA
IQ Fish Formula
(Lutein Added) softgels

is equivalent
to =

**200g of Tuna¹+
½cup of Corn⁴**





Children's Milk Calcium Formula (Zinc Added) Product code: 3030/3017



- TruCal® natural Milk Calcium is sourced from US premium quality milk. Rich in 7 minerals, including Calcium, Magnesium and Zinc, its content is clinically proven almost identical to human bone structure, making it highly absorbable and bioavailable⁵
- Helps stimulate children's bone development, strengthening their teeth and boosting immunity

Each serving provides 110mg of Calcium



1 Children's Milk Calcium
Formula (Zinc Added) tablet

is equivalent
to =

**3½ glasses
of soya milk⁶**



1. EPA and DHA Content of Fish Species (Data From NDB SR 16-1)

2. USDA National Nutrition Database (assuming each weighs 50g)

3. Routray, W. and Orsat, V. 2011, Comprehensive Reviews in Food Science and Food Safety, Vol.: 10

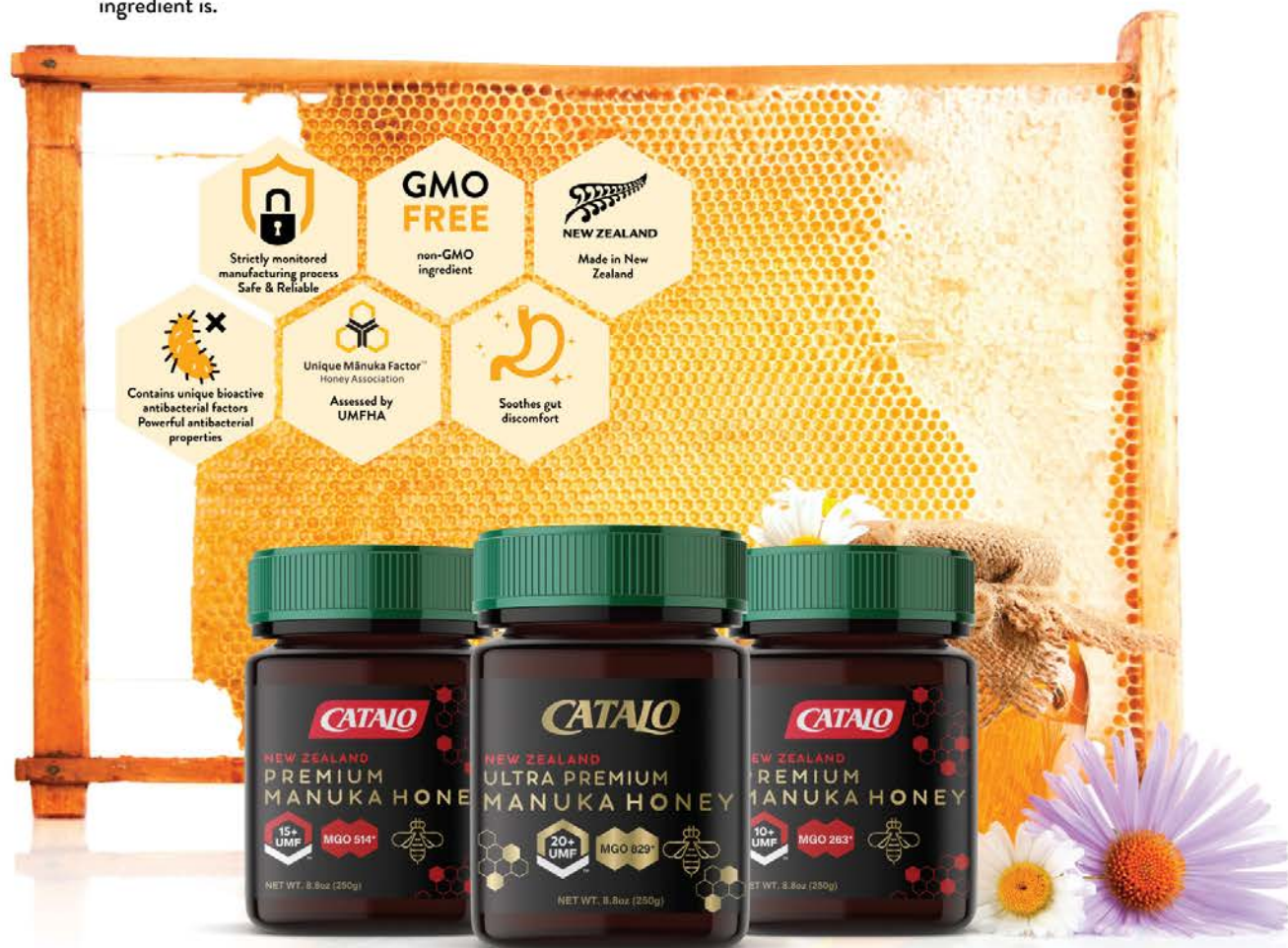
4. American Optometric Association (assuming each cup weighs 166g)

5. Ruth, E.B., et al. 2002, Am J Clin Nutr, 76, pp. 675-80. (Refer to TruCal® Milk Calcium Complex)

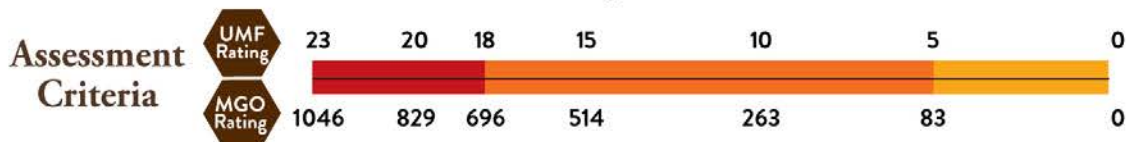
6. USDA National Nutrition Database (assuming each cup weighs 170ml)

Premium Manuka Honey Strengthens, Nourishes, Fights Bacteria & Protects the Gut

Manuka Honey comes from manuka bush that is only native to New Zealand. It contains Methylglyoxal (MGO), an active ingredient that helps fight bacteria in the gastrointestinal tract, mouth and skin. Much more precious than regular honey. Its antibacterial properties are determined by The Unique Mānuka Factor Honey Association (UMFHA) with a range of UMF® 5+ to 23+. **The higher the index, the more powerful this bioactive antibacterial ingredient is.**



Tested by the UMFHA. The higher the UMF index, the more powerful it is in fighting bacteria. Different UMF values indicate different targeted health needs.





Propolis Extract

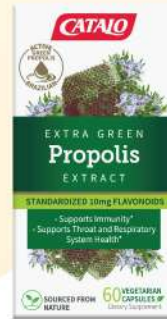
Powerful Antibacterial Properties

Delaying Aging



Australian premium non-polluted natural propolis extract is formulated with rich flavonoids. Boasting natural antibacterial properties, it boosts immunity and Supports oral, skin, liver, respiratory and digestive health, as well as providing the heart with antioxidative properties.

Brazilian Green Propolis contains Artepillin C, which is even more effective in fighting bacteria than regular propolis, especially in relieving nasal allergy symptoms.

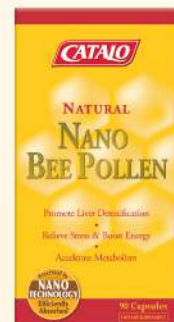


Royal Jelly & Bee Pollen



Sourced from Australian premium non-polluted Royal Jelly, this ultra-purified Royal Jelly extract manufactured with advanced technology contains 10-HDA, an active ingredient. Boasting antibacterial and antioxidative properties, royal jelly helps fortify antiviral power, enhance physical strength and vigor, foster cardiovascular health, rejuvenate and brighten skin, sooth menstrual discomfort and improve sleep quality.

Natural Bee Pollen is packed with nutrients, including various vitamins, minerals, enzymes, Coenzyme and micronutrients. It provides general health and wellbeing for both old and young, revitalizing the skin, relieving stress, enhancing vitality, boosting immunity and maintaining liver health.



CATALO Membership Year Round Premium Rewards



Apart from enjoying year-round shopping discounts, CATALO members get priority access to our exciting events, new arrivals and promotional deals. Unlimited surprises – including birthday treats and member discount shopping weeks – only for our valued VIPs!



Latest sale updates via texts or email

Exclusive Access to Yearly Gifts

Our VIP members enjoy all kinds of surprise treats, holiday rewards and discount shopping weeks.



Early access to New Arrivals and Promotional Offers

Priority Access to Special Events

CATALO members may be invited to an early sign-up for our informative activities.



Join us and get a Welcome Gift and Birthday Treat



Member-only discounts apply every time you shop with us



Become a CATALO Member Today* for Access to Premium Rewards

*Anyone who wishes to sign up may visit one of our branches or retail counters and a CATALO health ambassador will assist you

Not yet a member but would like to receive CATALO newsletters?



Global e-commerce network

At CATALO, we have developed an online shopping platform that is committed to providing customers from different corners of the globe with outstanding services.



iHerb



amazon



Lazada



Tmall



JD.com



HKTVmall

Event Gallery

At every expo, CATALO offers exclusive promotional discounts, giveaways, special events, 1-to-1 customer service and dietetic consultations, live streaming, product experiences and mini-contests etc. There is always something for everyone. We look forward to seeing more of you in the future!



China International Import Expo
China International Consumer Products Expo

Hong Kong Brands
and Products Expo



The 29th International Baby / Children Products Expo
2021 Baby Show in Spring & Child Growth Education Expo



CATALO

New Personalized Service & Experience
Achieving a Healthy Lifestyle



Choosing the Right Supplements



Nutritionist Tips

High-quality supplements must possess the following properties



Sourced from Nature

Extracted from nutritious natural ingredients that consist mainly of natural vitamins and minerals, and free from Western medicinal ingredients

Contains Branded Ingredients

Formulated with patented and/or branded ingredients, and proven effective by clinical trials and scientific research

Adheres to International Standards

Ingredients and serving instructions must comply to strict international standards, including that of US National Institute of Health (NIH); manufactured in cGMP-regulated and FDA-approved facilities, ensuring top quality

True or False: The More You Take, the Better?

False! Health supplements on the market have different serving instructions. A wise consumer would pick products that comply to international standards so as not to burden the body with nutrition overdose. Supplements in different forms are also available to cater to different dietary needs. For example, CATALO gummies would appeal to children who dislike traditional medicines.

Let's Go Green

The Recycling & Regeneration Process of Old Containers

At CATALO, we not only care for the urban population, but also the Earth. Committed to protecting the environment and supporting the community, we offer customers a \$5 cash deduction for every old container they put into recycling bins at our retail stores!



The CATALO experience store at D2 Place, Cheung Sha Wan aims to provide customers with a personal experience of CATALO's healthy living concept. Its ample size allows consumers to shop in ease. All display items have their own unique QR Code so every visitor will be able to browse detailed product information, as well as ordering directly online.

3 Steps to Do on Facebook for A Free Nutritionist Consultation

At CATALO, our team strives to learn more about everyone's health needs, which is why an on-site dietetics service is available at our experience store. Customers can make an appointment for a free 30-minute 1-to-1 dietetics service on CATALO's Facebook page. At the consultation, one of our professional nutritionists will conduct a review to analyze what your body needs, and proceed to recommend the best suited natural healthy supplements.

Step 1

CATALO > Book Now



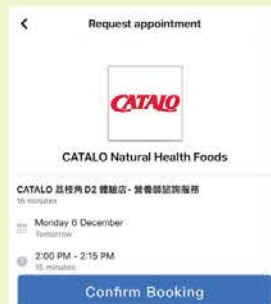
Step 2

Select Type of Service, Date and Time Slot



Step 3

Confirm Booking



CATALO

Anita Yuen
Best Actress winner



Clinically Proven¹

2X IMPROVE EYESIGHT²

2 Significant Branded Ingredients

TMFloraGLO Marigold Extract

Block out harmful blue light Protects macula

Mirtoselect[®] Northern European Bilberry

Soothes eye dryness

Natural Eye & Vision Care



Bilberry EyeBright Extract GOLD

Delays signs of macular degeneration

Eye Health Formula

Provide essential nutrients for extensive eye health

Bilberry AREC-GOLD Vision Formula

Targets symptoms of eye degeneration

TMFloraGLO is a registered trademark of Kemira Industries, Inc. Mirtoselect[®] is a trademark of Indena, S.p.A. 1. Kaymots D'at & Soret, Rip. Collec. 19/1998 2. 2X (Refer to Mirtoselect[®] European Bilberry Fruit Extract and TMFloraGLO Marigold Extract)

CATALO Customer Hotline: (852) 3556 8686 CATALO.COM

f CATALO Natural Health Foods | 萬寧 manning's | manning's Plus



WhatsApp Health & Wellness Hotline

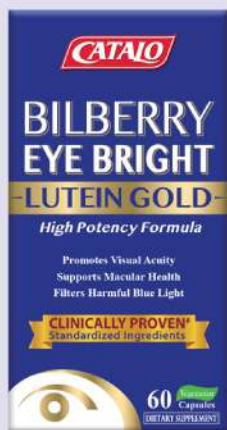


Retail Stores & Counters Locations

EYE HEALTH

Protect and promote bright and healthy eyes

For Adults, Seniors & Refractive Surgery Patients Bilberry EyeBright Extract GOLD



60 capsules

- Contains abundant Anthocyanins, Lutein and Eyebright Extract
- Stimulates rhodopsin regeneration

Eye Lubrication
★★★★★

Blue Light Filtering
★★★★★

Reduced Redness
★★★★★



*35-65+

Vegetarian Capsules

Product code:
2848

For Developing Children Children's Eye Health Formula



- Specially formulated with Taurine & Zinc
- Promotes eye development

Eye Lubrication
★★★★★

Eye Development
★★★★★



2+

Natural Blueberry
Flavoured Chewable Tablets

Product code:
3378/3128

60/120
tablets

For Students & Youngsters Bilberry Eye Formula with Vegetarian DHA



- Provides essential care for the eyes
- Improves learning efficiency

Eyesight Improvement
★★★★★

Eye Development
★★★★★



*12-30+

Vegetarian
Capsules

Product code:
3456/3185

60 capsules

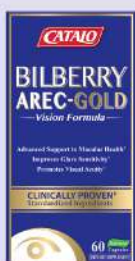
For Eye Surgery Patients Bilberry AREC-GOLD Vision Formula



- Improved formula based on NEI's AREDS2
- Clinically proven¹

Eye Lubrication
★★★★★

Blue Light Filtering
★★★★★



60 capsules



*45-65+

Vegetarian
Capsules

Product code:
3126

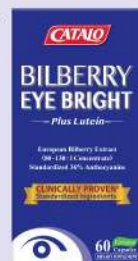
For Teenagers & Office Workers Bilberry Eye Bright Extract (Lutein Added)



- Targets those who spend long hours on books or electronic devices
- Relieves dryness and fatigue

Eye Lubrication
★★★★★

Reduced Redness
★★★★★



60 capsules



*12-45+

Vegetarian
Capsules

Product code:
3182

For Phubbers Extra Lutein Formula



- Contains concentrated Lutein, reduces retina damage from UV rays, and protects the macula

Eyesight Improvement
★★★★★

Blue Light Filtering
★★★★★



60 softgels



*20+

Softgels

Product code:
3040

For Children in Learning Kid's Lutein Gummy



- Each serving contains 8 mg of Lutein which is equivalent to 20 carrots' worth²
- Filters harmful blue light from electronic devices³

Eyesight Improvement
★★★★★

Blue Light Filtering
★★★★★



60粒



2+

Natural Kiwi
Flavoured Gummies

Product code:
821001

* Those who fit the scenario but not the target age group (including children) may consume this product. However, it is recommended to consult our Health & Wellness Advisors first.

1. Kajimoto O, et al. (1998) Scient. Rep. Collect. 19:1 (Refer to Mirtoselect® European Bilberry Extract)

2. U.S. Department of Agriculture, Agricultural Research Service (以每磅72g計算)

3. Roberts, R. L., et al. (2009). Clinics in Dermatology, 27(2), 195-201.

Eye
Joint
Women
Men
Probiotics
Beauty
Cognitive & Memory
Cardio-vascular
Immunity
Maternal
Baby
Children
Bee
Natural Foods

JOINT & BONE HEALTH

Clinically Proven Ingredients¹⁻⁴ Ultimate Joint Health Program



- Comprehensive care for bones, joints, cartilage and muscles
- Extra relief for joint pain and improved flexibility¹⁻⁴



Joint Lubrication & Pain Relief FlexiJoint™ LPR Formula



- Contains Natural Cetylated Fatty Acids
- Clinically Proven in alleviating pain⁶



60 softgels

Long Term Joint Support FlexiJoint Formula™



- Contains US patented BioCell Collagen[®] which provides adequate nutrients for joints



45 capsules
60 capsules

Joint Lubrication & Pain Relief Extra FlexiJoint™ 3X Power Formula



- Clinically proven 3 times more effective than Glucosamine and Chondroitin. Relieves pain in 7 days⁴



30 softgels

Pain Relief & Bone Strengthening Extra FlexiJoint™ Vegetarian Glucosamine Formula



- Contains glucosamine from non-GMO corn, MSM, Boswellia Serrata Gum Resin Extract, Red Algae Calcium and Vitamin D3



60 tablets

Speedy Swelling & Pain Relief Extra FlexiJoint™ IFR Formula



- Incorporating Turmeric Phytosome[®], ApresFlex[®] and Casperome[®] Boswellia Serrata Gum Resin Extracts for extra neck and back pain relief in as fast as 5-7 days⁵

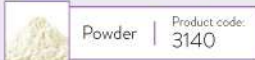


60 capsules

Cartilage Repair FlexiJoint™ HSC Collagen



- formulated with patented FORTIGEL[®] Collagen Hydrolysate, natural vitamin C and Aquamin[™] Red Algae Calcium, facilitating cartilage regeneration



160g

1. Schauss, A.G., et al. (2012) Journal of Agricultural and Food Chemistry, 60, 4096-4101 (Refer to BioCell Collagen™)
 2. Qiu, G.X., Weng X.S., & Zhang, K. et al. (2005) Nutri Med Jc, 15 (43), 3067-70 (Refer to GreenGrown™ Glucosamin HCl)
 3. Fressledt J. L., et al. (2008) Nutrition Journal, 7(9). (Refer to Aquamin™ Sea Algae Powder)
 4. Valensa International (2012) Joint Health Dietary Supplement, 15, 2-51 (Refer to Antarctic Krill Oil, Zanthin™ Astaxanthin, Sodium Hyaluronate)

5. Vishal A.A., Mishra A. & Raychoudhuri S.P. (2011) Int. J. Med. Sci. 8(7), 615-622 (Refer to ApresFlex™)
 6. Hesselink R., Armstrong D., & Nagendran M.V. et al. (2002) J Rheumatol. 29, 1708-12 (Refer to Cetylated Fatty Acids)

Strengthens joints & bones locks in calcium

Eye
Joint
Women
Men
Probiotics
Beauty
Cognitive & Memory
Cardio-vascular
Immunity
Maternal
Baby
Children
Bee
Natural Foods

Optimal Calcium Absorption DenxBone™ Formula



Bone Strengthening
★★★★★



60 tablets

- Contains natural Red Algae Calcium, Marine Magnesium, Zinc and Vitamin D3 which provide essential nutrients for bone building



Tablets | Product code: 3129

Muscles Strengthening FlexiJoint™ Muscle



Muscle Regeneration
★★★★★



107g

- Formulated with BODYBALANCE® bioactive collagen
- Helps improve coordination and balance



Highly Soluble Powder | Product code: 3215

Topical Pain Relief FlexiJoint™ Topical Cream



- Penetrates the skin to target affected areas, soothing joint comfort in as fast as 30 minutes!

Inflammation & Pain Relief
★★★★★



Topical Cream | Product code: 2831



50g

Fundamental Calcium Absorption 100% Pure Coral Calcium



- Extracted from coral calcium, its ionic presence allows fast absorption
- * Coral calcium powder sourced from the Caribbean



Capsules | Product code: 2956



Tiny Molecule Powder | Product code: 2957



60 capsules
90g

Substantial Calcium Absorption Algae Calcium Formula



60 tablets

- Formulated with tiny natural red algae molecules
- Does not cause bloating or constipation



Vegetarian Tablets | Product code: 3051

Uric Acid Containment Vegetarian Acid-Cleanse Formula



- A multi-herbal formula that helps reduce uric acid and body acidity levels, alleviate joint pain and stiffness



Vegetarian Capsules | Product code: 3001



60 capsules

Speedy Inflammation & Pain Relief Extra Turmeric Boswellia Extract



- Combines the benefits of Turmeric & Boswellia extract
- Reduces swelling, pain and discomfort in the head, neck, shoulders and back
- Preserves liver integrity



Vegetarian Capsules | Product code: 811005



60 capsules

WOMEN HEALTH

Natural Algae Calcium + Vitamin D3 Women's Calcium



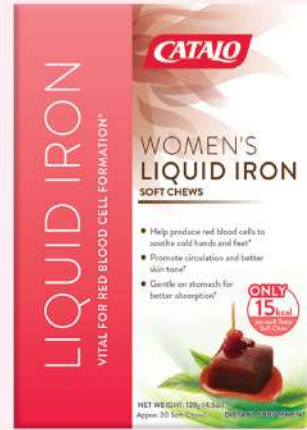
60 tablets

- Each serving provides 600mg of Calcium
- Specially formulated with Vitamin D3 to boost absorption and further lock in calcium



Tablets | Product code:
3410

Liquid Iron Women's Liquid Iron Soft Chews



129g

- Facilitates red blood cell production, remedies cold hands and feet
- Improves blood circulation and achieves radiant glow



Soft Chews | Product code:
3422

Powerful Antioxidant Women's Lycopene



- Contains Lyc-O-Mato™ Natural Tomato Lycopene which is more effective in avoiding UV light damage than synthetic lycopene
- Brightens skin tone and helps ease menopausal discomfort



45 softgels



Softgels | Product code:
3481

Organic Curry Leaf Natural Iron Formula



- Each serving provides 18mg of iron
- Facilitates red blood cell production and improves blood circulation



60 capsules



Vegetarian Capsules | Product code:
3138

Extensive Multinutrients Women's Whole Foods Nutrients Formula



- Provides essential nutrition for modern day women; replenishes skin and nails
- Contains plant-based multivitamin and minerals



60 capsules



Vegetarian Capsules | Product code:
3375

Cranberries Premium Cranberry Extract



- Formulated with premium cranberries sourced from North America, which contain standardised proanthocyanins to ease irritation and burning sensation in the urinary tract



60 capsules



Vegetarian Capsules | Product code:
2853

Nourish your body from inside out to maintain holistic health

5 Patented Strains of Probiotics

Women's Vaginal Flora Probiotics



- Contains 5 specially selected strains of patented FloraFIT™ Probiotics
- Increases urogenital flora within 7 days¹
- Reduces itchiness, pain and unpleasant smell in intimate areas



Vegetarian Capsules | Product code: 812001



30 capsules

Soy Isoflavones

Women's Soy Isoflavones



- Formulated with non-GMO soybeans to alleviate hot flashes, mood swings, insomnia etc



Vegetarian Capsules | Product code: 3053



60 capsules

Evening Primrose Oil

Women's Evening Primrose Oil Extra Strength Formula



- Formulated with cold pressed natural evening primrose oil
- Helps improve skin quality and soothes menstrual cramps



Softgels | Product code: 3209



45 softgels

Algae DHA

Extra Algae DHA



- Each serving provides 660mg of DHA
- Clinically Proven to improve memory and cognitive skills³



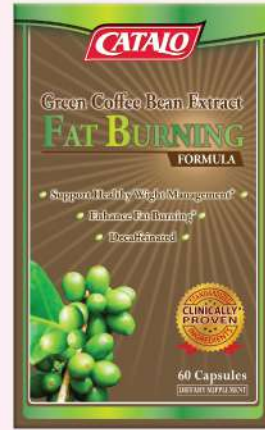
Vegetarian Softgels | Product code: 3494



60 softgels

Weight Management

Green Coffee Bean Extract (Fat Burning Formula)



60 capsules

- Formulated with decaffeinated green coffee bean extract which is clinically proven in helping to lose 2lbs within 14 days²



Capsules | Product code: 3003

Carb Absorption Blocker

Extra Gold Beauty Slim



- Formulated with white kidney bean extract, which help inhibit up to 66% carbohydrate absorption



Tablets | Product code: 2944



45 tablets

Fat Reduction

CLA Slim Natural Tonalin® CLA Formula



- Formulated with natural safflower seed oil and high-concentration CLA, which help speed up fat metabolism



Softgels | Product code: 3210



45 softgels

MEN HEALTH

Strengthens body functions & boosts masculinity

Superfood & Wholefoods Men's Vitality & Wellness Booster



- Contains natural ingredients including Ashwagandha, Maca, Lycopene and Zinc. Take 1 packet per day for stress relief and enhanced vitality



Men | Individual Packet (4 in 1 packet) | Product code: 3202/3482

71 packets

Multi Wholefoods Nutrition Men's Multi Whole Foods Nutrients Formula



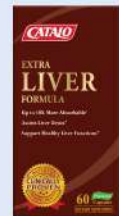
- Contains various vitamins and minerals that help relieve stress, lift mood and promote overall wellness
- Formulated with Lycopene to enhance male vitality



Vegetarian Capsules | Product code: 3392

60 capsules

Patented Milk Thistle Silymarin Extra Liver Formula



- Rich in silybin
- Powerful antioxidative properties to boost liver detox



Vegetarian Capsules | Product code: 2971

60 capsules

Natural Phospholipids Essential Liver Health Formula



- Contains essential natural phospholipids
- Strengthens liver cellular repair and facilitates liver detox

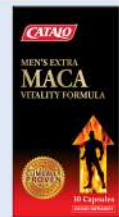


Softgels | Product code: 3290



30 softgels

Maca Men's Extra Maca Vitality Formula



- Formulated with natural Maca and Tongkat Ali to restore strength, stamina and energy¹



Capsules | Product code: 2973

30 capsules

Saw Palmetto Men's Prosta Complex Formula



- Reduces frequency of wake-up calls from sudden urges during bedtime, improves quality of life and sleep

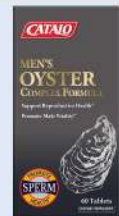


Softgels | Product code: 3083



60 softgels

Premium Oyster Extract Men's Oyster Complex Formula



- Extracted from premium grade oysters. Blended with Zinc and Maca extract to provide essential nutrients for male vitality and virility



Tablets | Product code: 3041

60 tablets

Patented Bioactive Silicon BioSil™ Hair Vital Advanced Formula



- Formulated with Biosil choline-stabilized orthosilicic acid (ch-OSA®)
- Stimulates collagen synthesis to foster hair growth²



Vegetarian Capsules | Product code: 3187



30 capsules

Lycopene Extra Tomato Lycopene



- Enhances male vitality and prevents cell deviation



Softgels | Product code: 2986

45 softgels

1. M. Stone et al. (2009), Journal of Ethnopharmacology, 126, 574-576. (Refer to Maca Extract)
 2. Wickett, R.R., et al. 2007, Arch Dermatol Res, Vol 299, pp.499-505. (Refer to Biosil™ Choline-Stabilized Orthosilicic Acid)

PROBIOTICS

Probiotics improve gut flora, reduce sensitive symptoms and boost the immune system

10 Strains of Highly Potent Probiotics Extra Probiotics Intensive Formula



30 capsules

- Each capsule contains 20 billion active probiotics which alleviate gastrointestinal discomfort brought by unbalanced diet and work stress.
- Individually sealed easy-to-carry capsules



Vegetarian Capsules | Product code: 3246

5 Patented Strains of Probiotics Women's Vaginal Flora Probiotics



- Contains 5 specially selected strains of patented FloraFIT™ Probiotics
- Increases urogenital flora within 7 days¹
- Reduces itchiness, pain and unpleasant smell in intimate areas



30 capsules

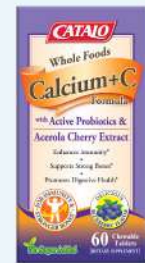


Vegetarian Capsules | Product code: 812001

Probiotics Milk + Calcium + Vitamin C Whole Foods Calcium+C Formula



- Incorporate natural Acerola Cherry Extract, vitamin C and milk calcium, this formula consolidates the body's immunity and natural defense



60 chewable tablets



Natural Blueberry Flavored Chewable Tablets | Product code: 3028

Probiotics for Infants Baby's Probiotics Skin & Immune Health Formula



- Specially designed for infants, this skin & immunity support formula contains 3 billion probiotics which help promote babies' gastrointestinal, immune and skin health



20/30 packets



Infants Individually Wrapped Powder | Product code: 3304/3152

7 Strains of Highly Potent Probiotics Active Probiotics Natural Defense Formula



- Contain 10 billion probiotics to boost the immune and gastrointestinal system, as well as alleviate allergic discomfort



Mouth Dissolving Powder | Product code: 3229

30 packets

Children's Probiotics Children's Probiotics Formula



- Each serving (2 capsules) contains 3 billion active probiotics which help against occasional digestive upset



1 Month+ Vegetarian Capsules | Product code: 3306/3377

60 capsules

Children's Probiotics Children's Probiotics Chewable Formula



- Each naturally berry flavored chewable tablet contains 5 billion active probiotics which help support teeth and gastrointestinal health



Age 2+ Natural Berries Flavored Chewable Tablets | Product code: 3251

30 chewable tablets

BEAUTY

Restore your healthy glow and discover your true beauty

Extra Antioxidation & Skin Clarity Advanced Skin Pure



7/30 packets

- Combines the benefits of 4 premium formulations to get rid of spots, wrinkles, sagginess, dullness in hair and nails. 1 packet daily goes a long way.



Individual Packet (4 in 1 packet) | Product code: 3379/3399

Antioxidant Essence Beauty Brightening Formula



60 capsules

- Combines the benefits of 11 premium ingredients to extensively brighten skin tone, hydrate skin and lock in moisture, restore glowing skin



Capsules | Product code: 3231

Collagen Hydrolysate Anti-Aging Collagen HA Total Revitalizing Essence



45 capsules

- Formulated with patented BioCell Collagen® to stimulate skin rejuvenation and revitalisation



Capsules | Product code: 2843

Astaxanthin Natural Astaxanthin Extract



60 softgels

- Contains Astaxanthin, a powerful antioxidant which is clinically proven to improve skin elasticity and hydration¹



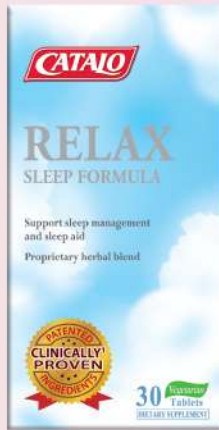
Softgels | Product code: 3081

COGNITIVE & MEMORY

The ultimate choice for de-stressing and stimulating brainpower

Herbal Remedies

Natural Relax Sleep Formula*



RELAX
SLEEP FORMULA

Support sleep management and sleep aid
Proprietary herbal blend



30 **Vegetarian** Tablets
(DIETARY SUPPLEMENT)

30 tablets

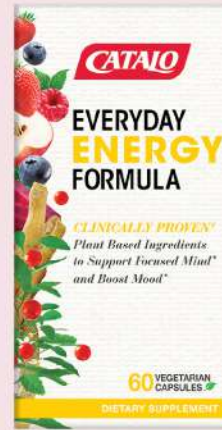
- Alleviates stress, promotes calmness and relaxation, improves sleep quality



Vegetarian Tablets | Product code: 3085

Extensive Multinutrients

Everyday Energy Formula*



EVERYDAY ENERGY FORMULA

CLINICALLY PROVEN*
Plant Based Ingredients to Support Focused Mind* and Boost Mood*

60 **VEGETARIAN** CAPSULES
(DIETARY SUPPLEMENT)

60 capsules

- Formulated with Ashwagandha Root Extract and natural Vitamin B complex
- Helps to de-stress and keep a clear mind



Vegetarian Capsules | Product code: 3390

Ginkgo Biloba

Extra Memory Formula#



EXTRA MEMORY FORMULA

特強活腦素
迅速提升記憶力



60 Capsules
(DIETARY SUPPLEMENT)

60 capsules

- Formulated with patented Ginkgo Complex which is clinically proven in enhancing memory, thinking and concentration abilities²



Capsules | Product code: 2972

Natural Melatonin

Natural Tart Cherry Extract



Extra Tart Cherry Formula

Support Joint Comfort*
Promote Good Sleep*
Supports normal uric acid levels*
Promotes healthy joints*
Promotes sleeping quality*



60 **Vegetarian** Capsules
(DIETARY SUPPLEMENT)

60 capsules

- Contains natural Melatonin
- Helps improve sleep quality



Vegetarian Capsules | Product code: 3000

2. D. O. Kennedy et al. Hum. Psychopharmacol Clin Exp 2007; 22:199-210 (Refer to Ginkgo Phosphatidylserine Complex)
* Any pregnant woman should consult a doctor before consuming products 3085, 3390; Anyone allergic to bee pollen should consult a doctor before consuming products 3390
Anyone who is pregnant, lactating or taking anticoagulants should consult a doctor before consuming products 2972

CARDIOVASCULAR

Maximal Cardiovascular Health Cardio Restore Program[#]



30 packets

- Packed with various patented natural ingredients
- Revitalizes cardiovascular functions



Individual Packet (4 in 1 packet) | Product code: 812003

Blood Glucose Regulation Gluco Restore Program[#]



30 packets

- Clinically proven in stabilizing blood sugar levels¹
- Helps regular body weight



Individual Packet (5 in 1 packet) | Product code: 812004

Omega-3 + Vitamin D3 Extra Omega-3 with Vitamin D3 Jelly Bites[#]



- Sugar-free jelly bites that provides 3 fish oil pills' worth of Omega-3 per serving*



Orange & Lemon Flavoured Jelly | Product code: 3433

30 jelly bites



Omega-3 Extra Omega-3[#]



- With a perfect EPA 2:1 DHA ratio, taking 2 softgels daily fulfills dosage recommended by the American Heart Association



Softgels | Product code: 2877

45/ 180/ 300 softgels



Blood Level Maintenance Ultra Gold Omega-3 Fish Oil[#]



- Each serving provides 660 mg of EPA, 440 mg of DHA and 65% purified Omega-3



Softgels | Product code: 3113

60/ 300/ 550 softgels



Foundational Health Omega-3 Deep Sea Fish Oil[#]



- Each serving provides 320mg of EPA and 200mg of DHA to promote cardiovascular health



Softgels | Product code: 2923

45/ 180/ 300/ 550 softgels



Algae DHA Vegetarian DHA Formula[#]



- Formulated with *life'sDHA*[™], an FDA-approved ingredient sourced from microalgae. Helps boost memory and concentration. Comes in a small size which makes it easy to swallow.



Vegetarian Softgels | Product code: 2968

30/ 60 softgels



Fish Oil DHA Extra DHA Formula (Super High Potency)[#]



- Each serving provides 800mg of DHA to boost memory and improves eyesight



Softgels | Product code: 3024

60/ 90 softgels



*Assuming each fish oil pill contains 200mg of Omega-3
 These products (812003, 812004, 2877, 2923, 3113, 3433) are not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for them have not been subject to evaluation for such registration. These products are not intended to diagnose, treat or prevent any disease.
[#]Anyone taking anticoagulant should consult a doctor before consuming products 812003, 3433, 2877, 2968, 3024, 2923, 3113. Anyone prone to low blood sugar levels or taking anti-diabetic drugs should consult a doctor before consuming product 812004.

The ultimate formula to boosting adults' cardiac efficiency

Soy Lecithin

Extra Soy Lecithin[#] (Softgels/Granules)



45/180/300/
500 softgels

300g

- Contains Soy Lecithin from carefully selected premium soybeans, ensuring arterial elasticity



Softgels/Granules | Product code:
2900/3224

CoQ10, Flaxseed Oil & Nattokinase

Extra Blood Cleanser[#]



60 softgels

- Restores heart vitality, arterial elasticity and unclogs arteries



Softgels | Product code:
3491

CoQ10, Flaxseed Oil & Nattokinase

Natural CoQ10 Heart Formula[#]



30 softgels

- Delays vascular aging and supports cardiovascular health



Softgels | Product code:
2903

Krill Oil

Extra Krill Oil Heart Formula with CoQ10 & Phytosterols[#]



- Maintains arterial elasticity and clinically proven in stabilizing cholesterol levels¹



45 softgels



Softgels | Product code:
3080

Green Coffee Beans

Green Coffee Bean Extract^{##}



- Formulated with patented Svetol[®] natural green coffee bean extract
- Helps stabilize blood sugar levels² and support healthy weight management



60 capsules



Vegetarian Capsules | Product code:
811006

Aged Black Garlic

Odorless Black Garlic Formula



- Combines the benefits of Aged Black Garlic, Aged Garlic and Deodorized Granulated Garlic extracts. Helps stabilize blood pressure



60 tablets



Tablets | Product code:
3042

Bitter Melon Extract

Extra Bitter Melon Extract^{*}



- Formulated with high-concentration bitter melon extract to stabilize blood sugar levels³



60 capsules



Vegetarian Capsules | Product code:
2939

IMMUNITY

Formulated with Various Premium Ingredients Ultimate Signature Health Program



30 packets

- Incorporates various clinically proven and patented ingredients to achieve ultimate health results
- 5 main functions: promoting eye health, lubricating the joints, strengthening liver functions, boosting immunity, and fortifying the antioxidant system



Individual Packet (5 in 1 packet) | Product code: 812002

Two types of Antioxidants Lung Defense Formula



60 capsules

- A combination of Quercetin and Green Tea Extract
- Help boost immunity, soothe respiratory discomfort and support lung's health



Age 12+ | Vegetarian Capsules | Product code: 3477

Elderberry and Echinacea Ultra Immunity Booster



- A combination of premium natural herbal extracts, together with Natural Vitamin C, Zinc and Vitamin D
- Strengthen immune system and relieve respiratory tract discomfort



60 capsules



Age 12+ | Tablets | Product code: 3478

10 Herbal Extracts Refreshing Lung Formula



- Plant-based formula with 10 types of premium selected herbal extracts from nature
- Relieve respiratory stress and keep the airway refreshing



60 capsules



Vegetarian Capsules | Product code: 3420

Acerola Vitamin C Acerola Cherry Extract GOLD (Natural Vitamin C) and Natural Vitamin C Formula



- Capsules: dissolve the powder from capsule into drinks. Chewable tablets: pineapple and orange flavors available. Suitable for individuals who do not like taking pills



60 chewable tablets | 60 Capsules



Chewable Tablets | Product code: 3145



Vegetarian Capsules | Product code: 2999

Elderberry Thyme Vitamin C Elderberry Immune Defense Gum Drops



- Clinically proven ingredient to alleviate trachea and allergy discomfort caused by seasonal changes, as well as speed up recovery¹



15 Gum Drops



Elderberry Honey Gum Drops | Product code: 3394

Fortify the immune system and boost the body's antiviral powers

Natural Quercetin & Green Tea Extract

Quercetin & Green Tea Extract Sensitive Skin-Care Formula



60 capsules

- Powerful 2-in-1 formula
- Soothes sensitive skin and relieve allergy-induced discomfort



Vegetarian Capsules | Product code: 2934

Green Tea

Extra Green Tea Extract



60 capsules

- Soothe sensitive skin, relieve allergic induced discomfort
- Whiten the skin and reduce visible spots



Vegetarian Capsules | Product code: 2911

Quercetin

Extra Quercetin Extract



60 capsules

- Keep the respiratory tract clear and clean, relieve allergic induced discomfort
- Maintain eye health



Vegetarian Capsules | Product code: 2912

Plant-based Natural Vitamin D3

Vegetarian D3 Spray



- Each serving contains 1,000IU of vitamin D3 to individuals who have limited sunlight exposure
- Facilitate better calcium absorption, strengthen the bones and immune system, improve cardiovascular health



Spray | Product code: 3389



24ml

Men's & Women's Daily Basic Nutrition

Superfoods Multi-Vitamins Formula



- Teaming up with a variety of fruits and vegetables nutrients including superfoods
- Help to boost immunity, promote energy level and support mental health



Vegetarian Capsules | Product code: 3492



30 capsules

Vitamin B Complex

Essential Vitamin B Complex



- Each capsule contains nutrients sourced from nature, including vitamins B1, B2, B3, B5, B6, B7, B8, B9 and B12



Vegetarian Capsules | Product code: 3404



60 capsules

Agaricus Extract

Agaricus Extract Royal Gold



- A mild ingredient that does not irritate the body
- Boost the immune system, delay cell variation and generation of defected cells



Vegetarian Capsules | Product code: 2941



60 capsules

Non-GMO Soya Beans Vitamin E

Extra Vitamin E Formula



- Boost immunity and promote skin and cardiovascular health



Softgels | Product code: 3242



60 softgels

Cordyceps Mycelium

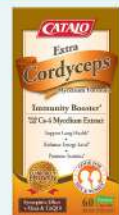
Extra Cordyceps Mycelium Formula



- Proven by fingerprinting technology to contain standardized 8% d-Mannitol, helps improve lung health, as well as relieve nasal conditions, coughing and difficulty to breath



Vegetarian Capsules | Product code: 3150



60 capsules

MATERNAL HEALTH

Well-nourished mothers produce smart and healthy babies

Multi-Nutrients for Pregnant Women Pregnancy Essential Nutrient Program



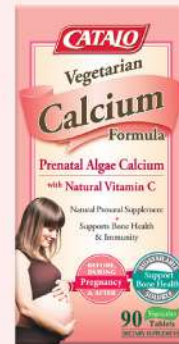
7/30 packets

- Each packet provides a purified vegetarian source of DHA along with folic acid, calcium, vitamins, and minerals to promote the proper development of your baby



Women planning for a pregnancy, who are currently pregnant or lactating | Individual Packet (5 in 1 packet) | Product code: 3440/3441

Algae Calcium + Vitamin C Vegetarian Calcium Formula



60/90 Tablets

- Maintain bone and immune health of pregnant mothers
- Promote fetal bone growth and development



Women planning for a pregnancy, who are currently pregnant or lactating | Vegetarian Tablets | Product code: 3033

Vitamin C Pregnancy Natural Acerola Vitamin C Chewable Formula



- Each serving contains 200mg vitamin C, which is equivalent to 4 oranges², help to strengthen pregnant mothers' immunity



Women planning for a pregnancy, who are currently pregnant or lactating | Chewable Tablets | Product code: 3488



60 Tablets

Folic Acid Vegetarian Folic Acid from Organic Lemon Peel Chewable Formula



- Each serving provides pregnant ladies with the suggested daily dosage¹



Women planning for a pregnancy, who are currently pregnant or lactating | Vegetarian Chewable Tablets | Product code: 3362



60 Tablets

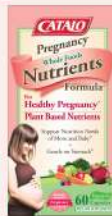
Multi-Nutrients Pregnancy Whole Foods Nutrients Formula



- Contain various naturally sourced vitamins and minerals which provide daily dose of vital nutrients for pregnant mothers



Women planning for a pregnancy, who are currently pregnant or lactating | Vegetarian Capsules | Product code: 3284



60 capsules

Iron Natural Iron Made With Organic Curry Leaf



- Formulated with natural and organic ingredients consumption
- These supplements do not upset the gastrointestinal system nor cause digestive disorders



Women planning for a pregnancy, who are currently pregnant or lactating | Vegetarian Tablets | Product code: 3205



60 capsules

Soy Lecithin Extra Soy Lecithin (Pregnancy and Breast Feeding)



- Sufficient phosphatides is essential for baby's brain and eye development
- Lecithin also promotes healthy amniotic fluid and breast milk production



Women planning for a pregnancy, who are currently pregnant or lactating | Softgels | Product code: 3446



30 softgels

Pure Algae DHA Algae DHA for Pregnancy



- High concentrated DHA-rich oil extracted from microalgae
- Support baby's brain and visual development



Women planning for a pregnancy, who are currently pregnant or lactating | Softgels | Product code: 3448



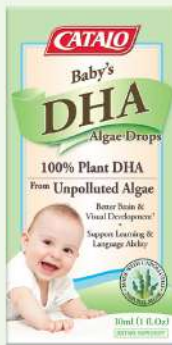
60 softgels

BABY'S HEALTH

Provide nutrients for the early stages of life and lay a good foundation for future growth

Algae DHA

Baby's Algae DHA Drops



30ml

- *life'sDHA™* Algae Oil Drops, an FDA-recognized formula, can dissolve into formula milk and breast milk for easy consumption



Infants | Algae Oil Drops | Product code: 3109

Colostrum

Children's Colostrum Powder



30g

- From USDA-recognized grade A dairies and is produced by cows after giving birth
- Each spoonful contains 90mg of IgG



6 Months+ | Colostrum Powder | Product code: 2952/3303

Algae DHA

Baby's Vegetarian DHA Formula



- Sugar-free powder which is easy to carry around and dissolve into powdered milk and any other drinks for consumption



6 Months+ | Algae Oil Powder | Product code: 3301



30g

DHA + Vitamin D3

Baby's DHA Drops with Vitamin D3



- Formulated with vitamins A and D3, these supplements have been tested by a 3rd party for quality and safety, and help build the body strength of babies



Infants | Drops | Product code: 3134



60ml

Algae DHA

Baby's Vegetarian DHA+ Formula (With ARA & Lutein)



- This ARA 2:1 DHA formula meets the World Health Organization (WHO) recommendations¹



6 Months+ | Algae Oil Powder | Product code: 3302



26.3g

Vitamin D3

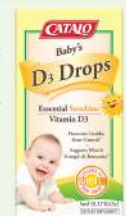
Baby's D3 Drops



- Extracted from natural lanolin, each drop contains 400IU of vitamin D3 which is equivalent to the suggested daily intake by the American Academy of Pediatrics



Infants | Drops | Product code: 3386



5ml

Algae DHA

Algae DHA for Babies & Kids



- Designed to deliver a high concentrated DHA in an easy-to-serve softgel with no fishy taste



Infants | Softgels | Product code: 3449



60 softgels

Algae Omega-3

Baby's Algae Omega-3 Drops



- Formulated with DHA 2:1 EPA, these oil drops help stabilize infants' emotions and enhance EQ



Infants | Algae Oil Drops | Product code: 3195/3119



30/60ml

1. Lipids in Early Development, FAO/WHO Expert Consultation on Fat and Oils in Human Nutrition, (1994)pp.49-55. (Refer to ARA:DHA ratio)

Eye
Joint
Women
Men
Probiotics
Beauty
Cognitive & Memory
Cardio-vascular
Immunity
Maternal
Baby
Children
Bee
Natural Foods

CHILDREN'S HEALTH

Natural Deep Sea Fish Oil DHA Children's DHA Formula



- DHA 4:1 EPA formula for enhanced intelligence

6 Months+ | Natural Orange Flavored Chewable Softgels | Product code: 2983

Anthocyanins + Lutein Children's Eye Health Formula



- Contain naturally sourced ingredients such as patented lutein, Mirtoselect® bilberries, taurine and zinc which promote eye development and protect eyesight

Ages 2+ | Natural Blueberry Flavored Chewable Tablets | Product code: 3378/3128

Natural Deep Sea Fish Oil DHA Children's DHA IQ Fish Formula (Lutein Added)



- Formulated with patented™ FloraGLO lutein, these supplements help block out blue light and protect eyesight



6 Months+ | Natural Strawberry Flavored Chewable Softgels | Product code: 3196/3166

Colostrum Children's Colostrum Formula



- Extracted from strong and healthy cows. Each serving contains 90mg of IgG



6 Months+ | Natural Milk Flavored Chewable Tablets | Product code: 2984

Choline + DHA Juniors Essential Omega-3 Formula with Choline & DHA Jelly Bites



- Contain VitaCholine® Choline extracted from grapes
- Promote brain and nervous system development



Age 6+ | Natural Strawberry Flavored Nutritious Jelly Bites | Product code: 3397

27 jelly bites

Elderberry + Thyme + Vitamin C Kid's Elderberry Immune Defense Gum Drops



- Clinically proven to promote the recovery from seasonal sensitivity and soothe respiratory tract¹



Age 4+ | Elderberry Honey Gum Drops | Product code: 3435

15 Gum Drops

Algae DHA Children's Algae DHA + Omega-3 Vegetarian Gummies



- A healthy snack that contains patented life'sDHA™ algae oil, Omega-3, 6 and 9



Age 2+ | Natural Orange and Lemon Flavored Algae Oil Gummies | Product code: 3452/3453

60/120 gummies

Vitamin C Children's Vitamin C Formula



- Each serving is equivalent to the suggested daily vitamin C dosage for children aged 2 years or above



Age 2+ | Natural Orange and Pineapple Flavored Chewable Tablets | Product code: 3366

60 Tablets

1. Tiralongo, E. (2016) Nutrients; 8(4), 182 (Refer to Elderberry (Sambucus nigroL.) Extract)

Maximize children's potentials and lay the ultimate foundation for immunity, growth and development

Natural Milk Calcium

Children's Milk Calcium Formula (Zinc Added)*



50/100 tablets

- Rich in TruCal® natural milk calcium, it is nearly identical to human bone structure
- Formulated with added zinc, these supplements aim to stimulate children's bone and immunity development



Calcium and Vitamin D3

Liquid Calcium + Vitamin D3 for Babies & Kids



60 softgels

- Specially formulated with MCH-Ca™ calcium hydroxyapatite
- Together with vitamin D which plays an important role in enhancing absorption of calcium
- Clinically proven to support bone growth¹

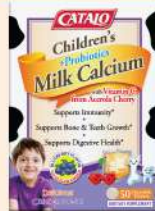


Probiotics Milk + Calcium + Vitamin C

Children's Milk Calcium with Probiotics & Acerola Cherry



- Provide all-round nutrients to facilitate growth of bone, teeth, gastrointestinal and immune system



50/100 tablets

Liquid Calcium

Children's Liquid Calcium (with Magnesium & Zinc) Vita Essential Formula



- Contain calcium, magnesium, zinc and D3. Lactose free. Suitable for lactose-intolerant children



474ml

Probiotics Milk + Calcium + Vitamin C

Children's Goat Milk Formula (with Probiotics Milk Calcium & Vitamin C)



- Premium goat milk incorporates TruCal® milk calcium, probiotics and natural vitamin C. Facilitate effective nutrient absorption



60 tablets

Liquid Calcium + DHA

Children's DHA Liquid Calcium (with Omega-3, Magnesium, Zinc & D3)



- Incorporating liquid calcium and deep sea fish oil DHA, encourages children's bone growth, and enhances immunity and learning abilities



240ml

Multi-vitamin + Mineral

Children's Vita Gummy Bears



- Contain vitamins A, B, C, D, E and micronutrients; Provide an abundance of nutrients for children who are picky eaters



60 gummies

Vitamin D3

Children's Vegetarian D3 Spray



- Vitashine™ D3 is a branded ingredient extracted from lichen. Each portion contains 600 IU of vitamin D3, equivalent to suggested daily intake



24ml

1. Lanham-New, S. A., et al. (2007) Nutrition Bulletin, 32(4), 364-377 (Refer to Calcium and Vitamin D3)
* Compare with the general chewable calcium tablet without Zinc in the market

CHILDREN'S HEALTH

Maximize children's potentials and lay the ultimate foundation for immunity, growth and development

Lactoferrin and Colostrum

Kid's Lactoferrin with Colostrum



60 packets

- Contain high level of lactoferrin and IgG from the first form of breast milk, enhance iron absorption and regulate immune system



Natural Marigolds Lutein

Kid's Lutein Gummy



60 gummies

- Sourced from natural marigolds, lutein provided in each serving is equivalent to 20 carrots¹, help children filter harmful blue light from digital screens



Probiotics

Children's Probiotics Formula



- Each serving (2 capsules) contains 3 billion active probiotics which help alleviate symptoms of dry intestines



60 capsules



Colostrum

Kid's Colostrum Formula



- Rich in 5 kinds of Immunoglobulin (including IgG, IgA, IgE, IgM & IgD) and Insulin Growth Factor
- Help to strengthen immunity and promote digestive health



120 tablets



Probiotics

Children's Probiotics Chewable Formula



- Each naturally berry flavored chewable tablet contains 5 billion active probiotics which help support teeth and gastrointestinal health



30 tablets



Propolis

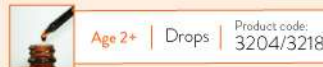
Children's Ultra Clear Propolis Liquid



- Incorporating Australian premium natural propolis extract and anise oil, this formula is fragrant and delicious



30/ 60ml



Multi-Vitamin + Mineral

Kid's Vita Jelly Bears



- Specially formulated for children with an imbalanced diet, providing them with the essential nutrients for growth and development



50 jelly bears



Vitamin C and Zinc

Kid's Vitamin C + Zinc Jelly Drops



- Take 2 jelly drops daily to boost immunity
- Contain zinc which aid focus and concentration



60 jelly drops

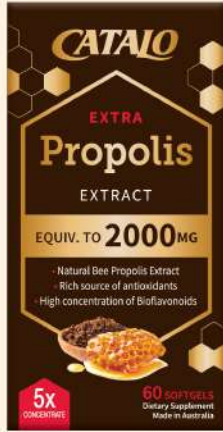


BEE PRODUCTS

Boost immunity, promote liver and gastric health and achieve glowing skin and overall wellness

Propolis Extract 2000

Extra Propolis Extract 2000mg



60 softgels

- Rich in bioflavonoids to stimulate antiviral function of the body and helps promote respiratory health
- Also offers 500mg and 1000mg

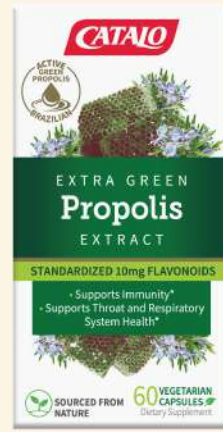


Softgels

Product code:
821009

Green Propolis Extract

Extra Green Propolis Extract



60 capsules

- Contain active bioflavonoids and Artepillin-C which help relieve allergies discomfort in the skin and respiratory tract, as well as alleviate nasal allergy conditions.



Vegetarian Capsules

Product code:
3079

Royal Jelly

High Concentration Royal Jelly Formula (1.1% 10-HDA)



45/ 300 softgels

- Contain standardized 1.1% 10-HDA which helps achieve healthy and beautiful skin and hair, as well as increase vitality



Softgels

Product code:
822007

Propolis Liquid Extract

Ultra Clear Propolis Liquid Extract



30ml

- Highly concentrated standardized propolis extract can be applied directly on top of the skin, or take orally



Liquid

Product code:
821008

BEE PRODUCTS

Boost immunity, promote liver and gastric health and achieve glowing skin and overall wellness

Manuka Honey

Premium UMF®10+ Manuka Honey[#]



250g

- Sourced from Manuka Tea Trees that are native from New Zealand. Provide natural immune defense for the body
- UMF® 5+ and 15+ also available



Liquid | Product code: 2887

Manuka Honey

Ultra Premium UMF®18+ Manuka Honey[#]



250g

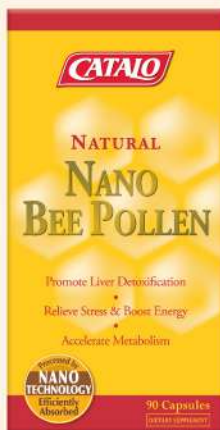
- Ultra high immune boosting activity level for gastric health, enhance body strength and overall wellness



Liquid | Product code: 2959

Nano Bee Pollen

Natural Nano Bee Pollen



90 capsules

- Extracted with advanced nano technology, these pollens help achieve beautiful and healthy skin, protect and strengthen the body, as well as rejuvenate body cells



Vegetarian Capsules | Product code: 2938

Manuka Honey Snap Pack

Active UMF® 10+ Manuka Honey Snap Pack[#]



20 packs

- Improve gastric health, encourage better digestion and nutrient absorption
- Fortify the immune system to fight bacteria



Snap Pack | Product code: 3387

High Fiber Instant Rolled Whole Oats



500g

- Rich in various nutrients and freshly made for better flavors. Contain rich nutrients for even better health benefits

Product code: 215

High Fiber Instant Whole Oats with 10 Grains



500g

- Carefully selected 10 nutritious grains for savory mouthfeel

Product code: 216

Crunchy Granola Banana Nuts Mix



340g

- Whole grain original granola enriched with banana slices, almonds and walnuts

Product code: 258

Crunchy Granola Cranberry Cherry Mix



340g

- Contain natural dried fruits including cranberries, cherries, almonds and walnuts, blended with whole grain original granola

Product code: 259

Crunchy Granola Blueberry Nuts Mix



340g

- Mixed with whole grain original granola and natural bilberries, apples, almonds, walnuts, flaxseeds, pumpkin seeds and sunflower seeds

Product code: 260

All Natural Muesli with Wild Blueberries



340g

- Contain dried wild blueberries for even better taste

Product code: 245

All Natural Muesli with Cranberries



340g

- Contain dried cranberries and wild blueberries for the best aroma and taste

Product code: 246

NATURAL FOODS

Dissolvable Nutrition Powder

Oat Milk Original (High Calcium)



500g

- Enriched with Calcium sourced from nature and Glucosamine to promote bone health. This oat milk also gives off a tasty smell of malt

Product code: 204

Oat Milk with Black Sesame (High Calcium)



500g

- Keep you full with a pleasant smell of sesame, oats and grains, as well as a rich mouthfeel

Product code: 619

Protein Formula 100% Vegetarian



- Promote muscle, hair, nail, skin, bone and immune system



454g

Black Sesame Powder 100% Pure



- Maintain healthy blood flow, nourish the hair, build up body strength and physique, as well as achieve smooth and youthful skin



454g

Oat Milk Original (High Calcium, Less Sugar)



- Contains 60% less sugars than the original formula, which makes it a delicious yet healthy choice

Product code: 622



500g

Natural Wheat Germ 100% Pure



- Promote bowel movement, reduce signs of aging and improve memory

Product code: 613



500g

Yam and Red Job's Tears Powder



- Whiten the skin, maintain fluid balance, support spleen and lung health, stimulate appetite, reduce dark spots and acne

Product code: 616



454g

Oat Milk with Spirulina (High Calcium)



- Formulated with delicious, nutrient-dense spirulina which contains multiple nutrients including Calcium

Product code: 205



500g

Soybean Powder 100% Natural



- Maintain cardiovascular health, encourage bowel movement and build stronger bone and teeth

Product code: 614



454g

Natural Almond Powder (High Calcium)



- Improve lung health, whiten and reduce dark spots, promote cardiovascular health

Product code: 617



454g

Oat Milk with Spirulina (High Calcium, Less Sugar)



- Contains 60% less sugars than the original formula, which makes it a delicious yet healthy choice

Product code: 623



500g

Black Bean Powder 100% Pure



- Encourage healthy blood flow, maintain kidney health, may help stabilize blood sugar levels, achieve beautiful skin and hair and overall wellness

Product code: 615



454g

10 Grains Powder with Organic Oat & Flaxseed (High Calcium)



- Maintain cardiovascular and brain health; Promote digestive health

Product code: 618



454g

Agave Syrup
Organic



360g

- Low glycemic index (GI) formula which makes it a great choice for individuals who are concern of blood sugar levels

Product code: 310

Balsamic Vinegar
Organic (Aged 5 years)



250ml

- Sealed in French oak barrels and aged for 5 years that gives off a fruity fragrance yet not irritating

Product code: 904

Natural Dried U.S. Wild Blueberries



80g

- Superfood
- A great choice for fighting signs of aging and maintaining eye health

Product code: 202

Natural Dried U.S. Red Tart Cherries



80g

- Relieve dizziness and mental discomfort
- Aid to sleep well every night without any disturbances

Product code: 206

Organic Dried U.S. Cranberries



80g

- Maintaining healthy urinary tract
- Promoting oral, cardiovascular and immune system health, plus anti-aging

Product code: 243/261

Omega Cranberries (Omega 3 enriched)



90g

- Enhanced choice for promoting cardiovascular, brain, urinary tract and kidney health

Product code: 223

Natural Dried U.S. Cranberries



100g

- Healthy and tasty
- A great choice for maintaining urinary tract and kidney health

Product code: 203

Red Sockeye Salmon (Naturally Wild)



170g

- Contain Omega-3 and antioxidant Astaxanthin
- The premium choice of salmon

Product code: 234

CATALO

Trustworthy &
Transparent Sourcing

No.1

Quality Guaranteed Health Foods Brand

Anita Yuen
Best Actress winner




Natural Ingredients • Quality & Trustworthy



CATALO Customer Hotline: (852) 3556 8686

f CATALO Natural Health Foods | CATALO.COM

萬事 mannings | mannings Plus



cGMP Certified
Manufacturing Facility



CATALO
Quality Guarantee



WhatsApp Health &
Wellness Hotline



Retail Stores &
Counters Locations

CATALO Shops

Hong Kong	Central	Shop E13, Central MTR station	(852) 2805 5155
	Sheung Wan	Shop 245, 2/F, Shun Tak Centre	(852) 2409 4199
	Wan Chai	Shop B37, B1, 200 Lee Tung Avenue, Queen's Road East	(852) 3791 2703
	Causeway Bay	Shop No.912, 9/F, Times Square	(852) 2111 9673
	North Point	Shop 112, G/F, Metropole International Department Store (Near MTR Exit B1)	(852) 3170 6665
Kowloon	D2 Place	5/F Suite C, D2 Place TWO, Cheung Shun Street	(852) 3556 8686
	Mong Kok	Shop 503E, Level 5, MOKO	(852) 3105 0075
	Sham Shui Po	Shop No. L2-65, Level 2, V Walk	(852) 2322 8138
	Diamond Hill	Shop 337B, Level 3, Plaza Hollywood	(852) 2382 8021
	Kowloon Bay	Unit 328, 3/F, Telford Plaza II	(852) 3188 4457
	Hung Hom	Shop 738, Level 7, The Metropolis Mall (Near MTR Exit C2)	(852) 3162 8939
New Territories	Sheung Shui	Shop 102, Level 1, Spot	(852) 2618 0013
	Tuen Mun	Shop No.L1-6, Level 1, V City	(852) 2416 3788
	Yuen Long	Shop A247A, Level 2, YOHO Mall II	(852) 2612 1283
	Tsuen Wan	Shop F20, 1/F, Luk Yeung Galleria	(852) 3621 0130
	Kwai Fong	Shop 401, Level 4, Metroplaza	(852) 3152 3685
	Sha Tin	Shop 5B, 3/F, Shatin Plaza	(852) 2677 2911
	Tseung Kwan O	Shop TKO 22, Tseung Kwan O MTR station	(852) 2328 3862
	Lo Wu	Shop LOW 101, G/F, Paid Concourse, Lo Wu MTR station	(852) 2661 0027
	Macau	Taipa	Shop B15, B1/F, NOVA Mall, Avenida de Kwong Tung

CATALO Counters

Hong Kong – Central International Finance Centre Mannings · Causeway Bay Hysan Place Mannings · B2, SOGO · Tai Koo Shing City Plaza 1 Mannings · North Point Fortress Tower Mannings

Kowloon – Tsim Sha Tsui B1, SOGO · K11 Mannings · Harbour City Mannings · Haiphong Road Mannings · China Ferry Terminal Departure Level Mannings · Jordan Sino Cheer Plaza Mannings · Mong Kok Grand Plaza Mannings

New Territories – Sheung Shui Landmark North Mannings · Tuen Mun Town Plaza Mannings · Yuen Long Kau Yuk Road Mannings · YOHO Mall I Mannings · Kwong Wah Centre Mannings · Tung Lok Street Mannings · Sha Tin New Town Plaza Phase I Mannings · Lo Wu MTR station departure level Free Duty Shop · Lok Ma Chau MTR station departure level Free Duty Shop · Hong Kong International Airport T1 Unit 7E105 L7 Landside Check-in Hall Mannings · T1 L6 Departure Hall Mannings · T1 L5 Restricted Area Mannings · T1 L7 Departure Mannings · Unit No. 6MC054, Midfield Concourse Mannings

CATALO Macau Counters

Sun Star Plaza Mannings · Largo do Senado Mannings · Galaxy Macau Mannings · Macau Square Mannings · Lung Cheong Mannings · Macau International Airport Departure Hall Free Duty · The Venetian Macao Mannings · Edificio Yi Nam Mannings



萬寧 **mannings** | *mannings Plus*



WhatsApp Hotline (852) 9165 1130
 Hong Kong Enquiry Hotline (852) 3556 8686
 Website CATALO.COM

Mainland China Enquiry Hotline 400 852 3655
 CATALO official online shops CATALOUSA.TMALL.HK



Tmall



JD.com



Wechat