

# CATALO

Health & Wellness Magazine

**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.

### TAviTality

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



香港名牌十年成就獎  
Hong Kong Top Brand Ten Year Achievement Award





# CATALO

## Health & Wellness Magazine

2024 VOL. 1

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# 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 studies<sup>1</sup> 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 trials<sup>2</sup> 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 discomfort<sup>3</sup>, 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 days<sup>4</sup>.**

## 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 Carbonate<sup>5</sup> 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.**

### UTHEVER™ Youth Forever, World's Best NMN

**Uthever™** NMN is extracted and manufactured by patented purification technology, with a purity of over 99%. It is the only brand ingredient registered by the World Health Organization and clinically proven to be **effective in resisting aging and maintaining youthful body functions.**

### 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 proven<sup>6</sup> 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 structure<sup>7</sup>, 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.*, 19-1 (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 Hyaluronic)  
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. Gajendragadkar. (2014) *J. PLS 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 proven<sup>1</sup> 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 market<sup>1</sup>.

## 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

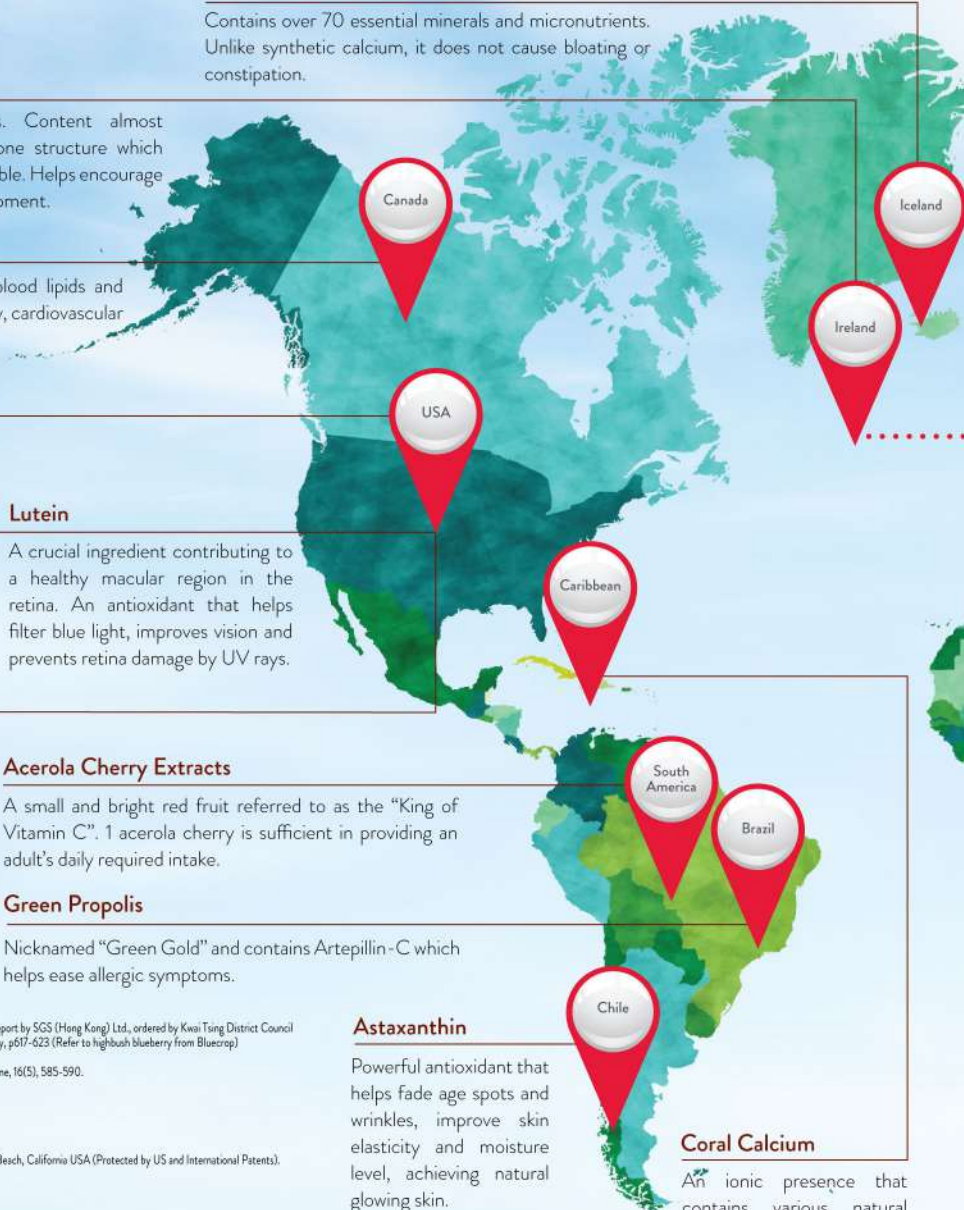
Nicknamed "Green Gold" and contains Artepillin-C which helps ease allergic symptoms.

## 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. Kait W 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(S), 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 Kemira Industries, Inc.  
 BioCell Collagen® is a registered trademark of BioCell Technology LLC, Newport Beach, California USA (Protected by US and International Patents).  
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 Kaneka Q10® is a registered trademark of the Kaneka Corporation.  
 Superb™ Krill Oil is a registered trademark of the Aker Group.  
 Phytosome More Bioavailable® is a registered trademark of Indena S.p.A.  
 Cherry PURE™ is a trademark of Shoreline Fruit, LLC  
 FORTIGEL® is a registered trademark of GELITA AG.  
 CordycepsPrime™ is a trademark of NuLiv Science.

flex

CASPEROME

Optisharp

KANEKA Q10

Zanthin

GreenGrown  
Glucosamine

Onavita  
The Power of Omegas

Lyc-O-Mato

UTHEVER  
Youth Forever, World's Best NMN

VA

PHYTOSOME  
MORE BIOAVAILABLE

FORTIGEL  
The Joint Health Revolution

CordycepsPRIME

BODYBALANCE  
Always in Shape

VitaCholine

KSM-66  
Ashwagandha  
WORLD'S BEST ASHWAGANDHA

### 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 hydrolysis 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 times<sup>3</sup> 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.

### 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.

### 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.

### 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 blueberries<sup>2</sup>. 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



\*Exceptions apply to specific products

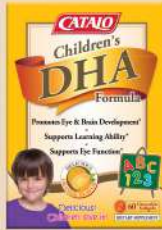


# CATALO's Brand new formats of nutrition

## Suitable for Infants and Children



Chewable Softgel



### Children's DHA Formula Product code: 2983

Each serving of DHA is **=200g**  
equivalent to tuna fish meat<sup>1</sup>



Jelly Bites

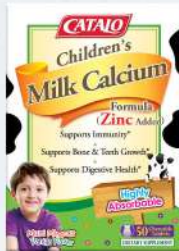


### Juniors Essential Omega-3 Formula with Choline & DHA Product code: 3397

Each serving of DHA&D3 is **=320g** tuna fish meat<sup>1</sup>  
& **5** large eggs<sup>2</sup>



Chewable Tablets



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

Each serving is **=4½ cup** soy milk<sup>3</sup>



## Suitable for Adults



Drop



### Ultra Clear Propolis Liquid Extract Product code: 821008

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



Spray



### Vegetarian D3 Spray Product code: 3389

Each serving is **=1000 IU**  
equivalent to Vitamin D3



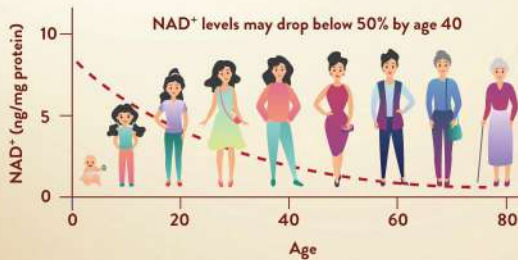
1. Abedi, E., et al. (2014). Long-chain polyunsaturated fatty acid sources and evaluation of their nutritional and functional properties. Food science & nutrition, 2(5), 443-463. (Refer to DHA and EPA Content of Fish Species)

# The Secret to Reversing Aging—NMN

## Cellular repair for holistic youthfulness

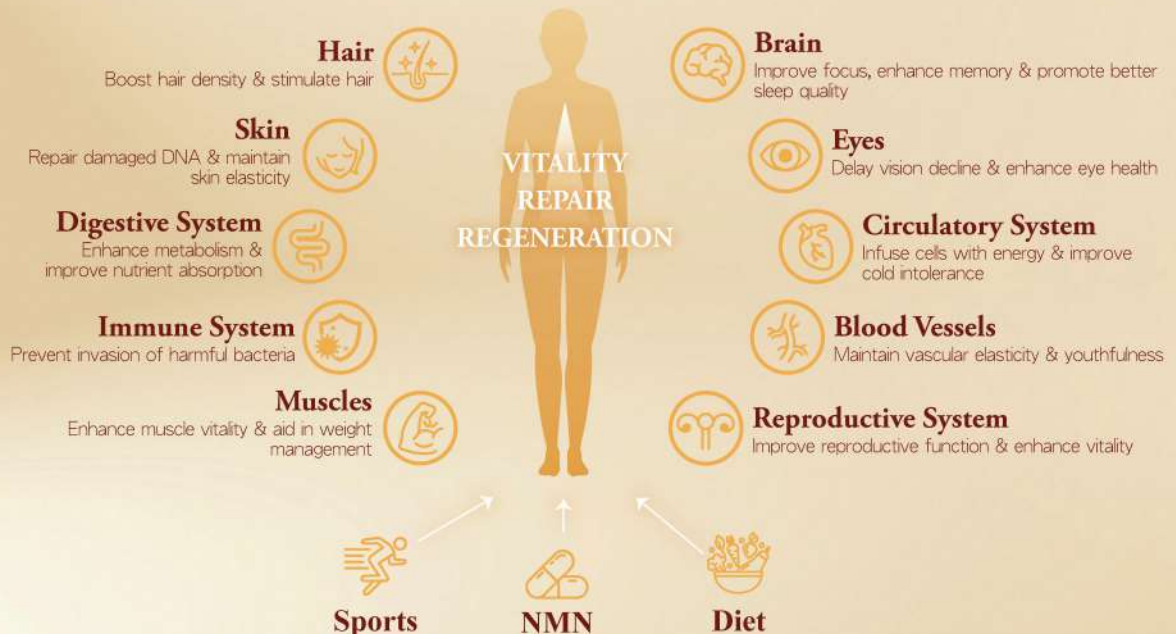
### Diminishing anti-aging factors

NMN ( $\beta$ -Nicotinamide Mononucleotide), a precursor to NAD<sup>+</sup>, scientifically proven to be absorbed within 15 minutes and elevates NAD<sup>+</sup> levels. Activating the "longevity gene SIRTUIN," it enhances cellular repair and bestows notable internal and external benefits. Even amidst a busy lifestyle, it helps you maintain a radiant appearance.



### NMN rejuvenates you from the inside out

NMN acts as fuel for the body, entering cells and boosting vitality, repair capacity, and regenerative power. It reignites your body functioning and restore you to a more youthful state.



1. Yoshino J, et al., (2011), Cell Metabolism, 14: 528-536 (Refer to NMN)  
 2. Miller, R. et al. (2020), Medical Hypotheses, 144, 110044 (Refer to NAD<sup>+</sup>)  
 3. W. Hong et. al., (2020) Front. Cell Dev. Biol. 8:246 (Refer to NMN content) USDA database: Broccoli 151 g/pc, avocado 136 g/pc, tomato 123 g/pc

# The only clinically proven<sup>†</sup> effective brand ingredient of NMN **UTHEVER™**

Youth Forever, World's Best NMN



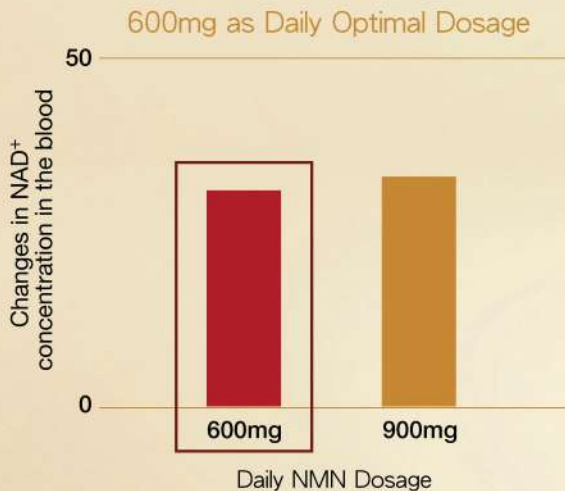
Molecular structure verified by NMR & LC-MS advanced tests  
High purity verified by HPLC testing & third-party certification  
Extracting with patented technology



Each capsule contains 300 mg of NMN, for adults, take 1 capsule 1-2 times daily. Take after meal in the morning for the best result.

## 600mg as Clinically Proven Optimal Dosage<sup>1</sup>

In a 60-day clinical trial with 80 healthy middle-aged adults, daily intake of 600mg or more of NMN resulted in higher blood NAD<sup>+</sup> levels compared to 300mg. Participants taking 600mg and 900mg achieved the longest walking distance in a 6-minute test, confirming the optimal dosage for maximum effectiveness.



## Formula Upgrade for Ultra Strength NMN Youth Rejuvenator



Product code: 811036/812036/813036



FDA-registered facility



Gluten-free, no artificial flavors, colors/preservatives

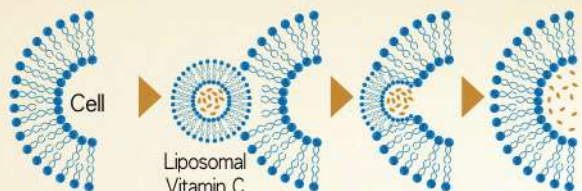


Vegetarian capsules with visible quality

## Enhanced absorption with upgraded Double-Vitamin C Formula<sup>2</sup>



Our new formula includes LIPOSOMAL PUREWAY-C®, a highly absorbable form of Vitamin C with a 90% absorption rate. Combined with organic acerola cherry extract, it provides dual antioxidant benefits for skin improving, protection against sun damage, enhanced lung health, and respiratory relief.



1. Yi, L., et al. (2023). GeroScience, 45(1), 29-43.  
2. Gopi, S., et al. (2021) Journal of liposome research, 31(4), 356-364. (Refer to Liposomal Vitamin C)  
3. X. Zhou et al., (2021) J. Inflamm. Res. 14: 5165-5182 (Refer to Uthever™ NMN)

# 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 myopia<sup>1</sup>, 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 monitors<sup>1</sup>



#### 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 minutes<sup>2</sup>



#### 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 devices<sup>1</sup>
- Protects the macula and alleviates symptoms of distorted vision and floaters
- Promotes clear eyesight, delays presbyopia and myopia



<sup>TM</sup>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 light<sup>1</sup>



## Suitable for All Ages Eye Care & Nourishment Supplements



Product code: 3040

For Ages 20<sup>++</sup> **FloraGLO**  
LUTEIN

Phubbers' Choice to Tackle Blue Light & Macular Damage

### Extra Lutein Formula

With carefully selected <sup>TM</sup>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 health<sup>2</sup>**.



☆ 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<sup>®</sup> Lutein)

2. Roberts, Richard. Kermin Industries, Inc., assignee. Patent: US9226940 B2, 5 Jan. 2016 (Refer to FloraGLO<sup>®</sup> 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 participants<sup>4</sup>
- ✓ High-performance liquid chromatography (HPLC) has confirmed this specific bilberry extract contains Standardised 36% Anthocyanins
- ✓ Clinically proven to improve eyesight and relieve eye discomfort<sup>5</sup>

### For Ages 2<sup>+</sup>

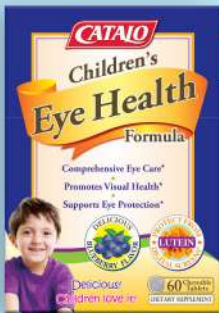
Specially Formulated to Promote Children's Eye Development

### 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



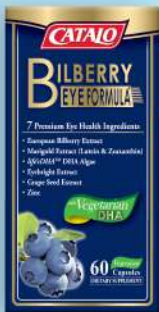
Product code: 3378/3128

### For Ages 12-30<sup>+</sup>

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.**



Product code: 3456/3185



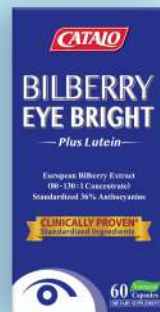
☆ Suitable for adults who wish to maintain eye health, students and youngsters with developing eyesight, who spend long hours on TV and gaming

### For Ages 12-45<sup>+</sup>

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<sup>5</sup>**. 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.



Product code: 3182



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

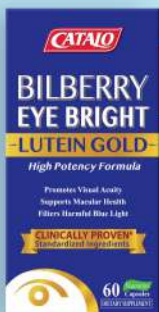
Consume with Extra Lutein Formula for extra eye nourishment and macular care

### For Ages 35-65<sup>+</sup>

Adults & Seniors' Choice for Delaying Eye Degeneration

### Bilberry EyeBright Extract GOLD

With 3x Marigold Extract<sup>#</sup>, 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**.



Product code: 2848



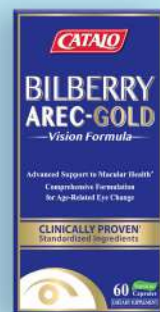
☆ Suitable for those who suffer from presbyopia, deteriorating eyesight, myopia, who wish to improve macular health, spend long hours on electronic devices, or have undergone refractive surgery

### For Ages 45-65<sup>+</sup>

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.**



Product code: 3126



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

4. Morazzoni P, Bombardelli E. Vaccinium 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 old<sup>1</sup>, 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"> <li>Regular stiffness in the joints</li> <li>Limited range of motion when exercising</li> </ul>	<ul style="list-style-type: none"> <li>Popping sound in the knees when going up or down the stairs</li> <li>Prone to pain and discomfort when walking</li> </ul>	<ul style="list-style-type: none"> <li>Exhaustion in the knees when going up or down the stairs</li> <li>Prone to strains when walking</li> <li>Bow-leggedness</li> </ul>	<ul style="list-style-type: none"> <li>Soreness and irritation in the knees when going up or down the stairs</li> <li>Pain in the joints when walking</li> </ul>	
Your joints need...	<ul style="list-style-type: none"> <li>✓ Natural Cetylated Fatty Acids</li> <li>✓ Hyaluronic Acid</li> </ul>	<ul style="list-style-type: none"> <li>✓ Natural Cetylated Fatty Acids</li> <li>✓ Glucosamine</li> <li>✓ Depolymerized Chondroitin Sulfate</li> <li>✓ Collagen</li> </ul>	<ul style="list-style-type: none"> <li>✓ Calcium</li> <li>✓ Vitamin D</li> <li>✓ Collagen</li> </ul>	<ul style="list-style-type: none"> <li>✓ Natural Cetylated Fatty Acids</li> <li>✓ Glucosamine</li> <li>✓ Boswellia Serrata Gum Resin Extract</li> <li>✓ Turmeric</li> </ul>

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

\*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"> <li>✓ Forms a protective layer to reduce pain</li> <li>✓ Replenishes lost synovial fluid, lubricates the joints and improves mobility</li> <li>✓ Clinically proven effective and safe<sup>1</sup></li> </ul>	<ul style="list-style-type: none"> <li>✗ Only alleviates pain temporarily</li> <li>✗ Easy to accumulate in the body</li> <li>✗ Likely to overload the liver and kidney when consumed for prolonged period of time</li> </ul>	<ul style="list-style-type: none"> <li>✗ Low on nutrients and unable to relieve joint pain immediately</li> <li>✗ Each serving contains excessive calories and saturated fats, which may cause weight gain if consumed long-term</li> </ul>	<ul style="list-style-type: none"> <li>✗ Unable to replenish synovial fluid</li> <li>✗ Regenerated cartilage continues to erode</li> </ul>
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!

### 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<sup>1</sup>, and promote bone health



**FlexiJoint Formula™**  
Product code: 2982

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



**DenxiBone™ 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 wear<sup>2</sup>



**Extra FlexiJoint™  
3X Power Formula**  
Product code: 3495

- 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

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

**Zanthin** 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 discomfort<sup>2</sup>

**Aquamin** 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

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

# Refer to 2 Packs daily  
1. Hessler 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 pain<sup>3</sup> 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 strength<sup>4</sup>, 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 market<sup>5</sup>, and clinically proven in reducing joint pain and improving joint mobility.<sup>6</sup>

**BODYBALANCE** Bioactive Collagen Hydrolysate are highly soluble tiny molecules that are readily absorbable. It is clinically proven to improve muscular strength and coordination<sup>4</sup>

**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 days<sup>3</sup>

**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®)

# 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

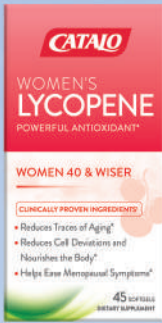
Product code: 3410



- 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 D<sub>3</sub>, which facilitates calcium absorption and increases bone density and tenacity

# Soothing Menstrual Discomfort

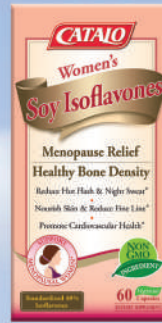


## Women's Lycopene

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



## NMN Beauty & Firming Packet

Product code: 811035

- Promotes the proliferation of healthy skin cells, moisturizes and nourishes the skin, diminishes wrinkles, enhances skin firmness and brightness, contributing to overall youthful vitality
- Combats harmful bacteria in sensitive areas, providing comprehensive care to promote urogenital health, alleviate discomfort, and maintain a balanced pH and flora for optimal well-being



Hydrating

Uthever™ NMN stands as the sole brand ingredient registered with the World Health Organization. NMN exhibits direct cellular absorption, swiftly converting into NAD<sup>+</sup> within 15 minutes. Elevating NAD<sup>+</sup> levels enhances energy production and utilization, stimulates cellular repair, and regulates circadian rhythms effectively



Nourishing

Incorporating 10% hyaluronic acid (HA), 60% hydrolyzed type II collagen, and 20% microlyzed chondroitin to promotes plump, firm and glowing skin



Caring

Lactobacillus acidophilus La-14® and Exocyan™ organic cranberry swiftly fight harmful bacteria in 7 days and offer comprehensive care for sensitive areas, effectively relieving itching, pain, and eliminating unpleasant odors



# 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 problems<sup>1</sup>, 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:

<b>Scoring 0-7</b>	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.
<b>Scoring 8-19</b>	You are experiencing moderate symptoms. Have regular body check-ups and replenish the 3 nutrients that promote prostate health to prevent premature prostate disorders.
<b>Scoring 20-35</b>	You are experiencing severe symptoms. Consult doctors for professional treatment.

<sup>1</sup>. 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 life<sup>2</sup>.

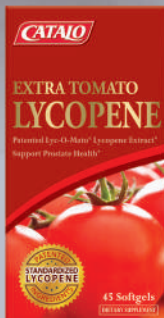


## Lycopene

A powerful antioxidant that is 100 times<sup>3</sup> 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 proven<sup>3</sup> 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: 811022

- 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



**Extra DHA Formula**  
Product code: 812045



KSM-66® natural Ashwagandha Root extract is Generally Recognized as Safe (GRAS) by the FDA and clinically proven<sup>1</sup> 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: 811031



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 elasticity<sup>2</sup>



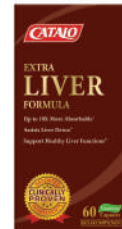
## Extensive Care Collection

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 research<sup>3</sup>. 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: 3477



**Natural Vitamin C Formula**  
Product code: 3145



**Extra Gold Cordyceps Tonifying Formula**  
Product code: 811040



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



1. Chandrasekhar, 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®)

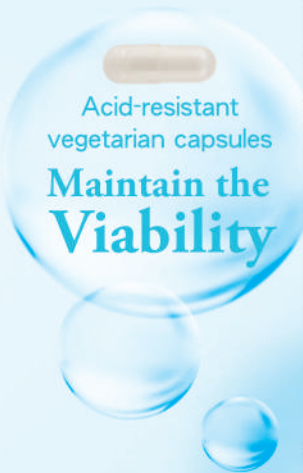
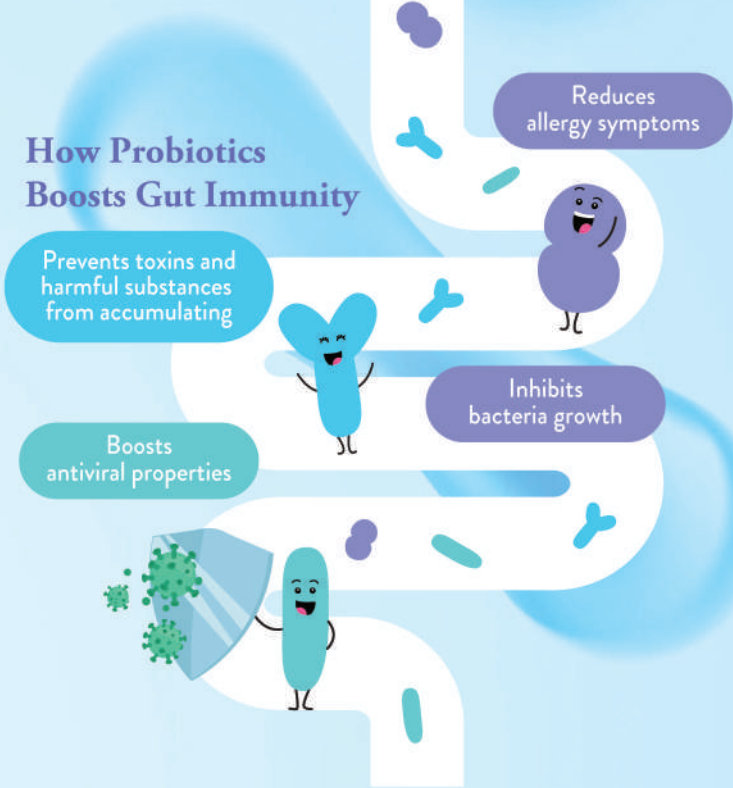
# Strengthening Immunity Rebuilding Gut Ecosystem with Probiotics

According to statistics, severely imbalanced gut microbiota is common among COVID-19 patients, allowing bacteria instead of antibacterial probiotics to grow<sup>1</sup>. 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 effectiveness<sup>2</sup>. Incorporating Probiotics with Prebiotics boasts the same results<sup>3</sup>.

### How Probiotics Boosts Gut Immunity



## 10 Strains of Probiotics + 1 Prebiotic

### Extra Probiotics Intensive Formula

Product Code: 3246

- ✓ Contain as many as 20 billion Probiotics
- ✓ Rich in various Bifido-bacterium
- ✓ Strengthens COVID-19 vaccine protection
- ✓ Rebalances the gut microbiota

**Suitable:** Adults, Pregnant & breastfeeding women, Under stress, Dining out frequently, With bloating & constipation, Frequent travelers, Vegetarians, Looking to lose weight, and Emotional enhancement



# 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**

<b>Types of Probiotics</b>	Contains <b>7</b> premium strains of <b>active</b> 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.
<b>Amount of Probiotics</b>	Each packet provides 10 billion <b>active</b> Probiotics	Varies from product to product. Usually around 1 million Probiotics per cup	Around 10 billion Probiotics per bottle
<b>Activity Level</b>	As suggested by storage instructions, <b>bioactivity remains the same</b> 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
<b>Sugar Level</b>	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)
<b>Allergens</b>	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
<b>Convenience</b>	Easy to carry	Requires refrigeration, which makes it difficult to carry around	Requires refrigeration, which makes it difficult to carry around

## Infant Gut Reinforcement

## Children's Intestinal Health & Allergy Relief

## Women's Gut Rejuvenation



**3 billion\***  
**6** strains of probiotics

**Soothing Sensitive Skin**

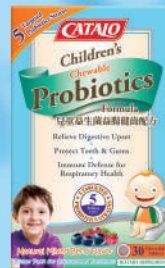
**Baby's Probiotics Formula**  
Product code: 3304



**3 billion\***  
**2** strains of probiotics

**Immune-boosting Support**

**Children's Probiotics Formula**  
Product code: 3306



**5 billion\***  
**5** strains of probiotics

**Reduce Tooth Decay**

**Children's Chewable Probiotics Formula**  
Product code: 3251



**5 STRAINS OF PROBIOTICS**  
**10 BILLION CFU PROBIOTICS**

**Relieves Itching & Pain**

**Women's Vaginal Flora Balance Formula**  
Product code: 812001

\*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 C<sup>1</sup> 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 daily<sup>1</sup>.



**Vitamin D:** strengthens antiviral and antibacterial functions. Adults should absorb at least 600IU of Vitamin D daily<sup>1</sup>.



**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) levels<sup>3</sup>, 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 discomfort<sup>2</sup>.



**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 nigra*L.) 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

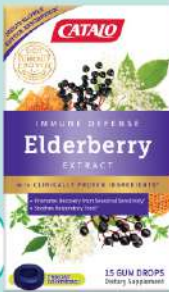


### Extra Propolis Extract Product code: 2958/821009

- 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

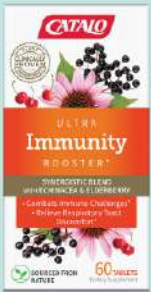


### Elderberry Immune Defense Gum Drops Product code: 3394

- Formulated with European Elderberry<sup>2</sup>, 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 recovery<sup>2</sup>

★ 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 extract<sup>2</sup> 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 C<sup>1</sup>. 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.<sup>1,2</sup>



### Baby's Probiotics Skin & Immune Health Formula

Product code: 3304

- ✓ 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.



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



<b>Folic Acid</b> 600mcg <sup>1</sup>	★Critical to healthy cell division, <b>brain and neuron formation</b> during prenatal development stages	★Necessary for building <b>fetal cranial nerves</b> maintaining and spinal health	★Absorbed by babies through breast milk; facilitates the <b>growth of cranial nerves</b>
<b>DHA</b> 300mg <sup>2</sup>	★Much needed for <b>fetal brain growth and development</b> , and bringing a healthy new life into the world	★A fetus' brain starts to grow as early as 16 days into pregnancy, which is why a lot of <b>DHA</b> is needed to maintain <b>eye, brain and neuron health</b>	★An essential nutrient for babies' <b>brain and eye development and skin health</b> ★Helps <b>relieve sensitivity, intolerances and stress</b>
<b>Vitamin C</b> 80-120mg <sup>1</sup>	▲ <b>Boosts immunity</b> and allows pregnant moms to nurture a new life in their best self	★ <b>Boosts iron absorption to help generate blood</b> to provide nutrition for the fetus and prepare for giving birth	★Having ample vitamin C in your body helps <b>resist bacteria</b> and lower the chance of falling ill and consuming Western medicine
<b>Vitamin D</b> 600IU <sup>1</sup>	▲ <b>Boosts iron absorption to consolidate bone health</b> and prepare the body for gestation	★ <b>Boosts iron absorption to consolidate bone health of pregnant mothers and fetuses</b>	★Absorbed by babies through breast milk; <b>Boosts iron absorption to maintain bone and teeth health</b>
<b>Calcium</b> 1000-1300mg <sup>1</sup>	▲ <b>Strengthens the spinal cord</b> to support weight gain during pregnancy	★ <b>Prevents pregnant women from excessive hair loss, cramps and spasms; Facilitates fetal bone growth and development</b>	★Absorbed by babies through breast milk; helps babies' <b>bone and teeth development</b> ★Maintains <b>hair and teeth health and improve quality of sleep</b> for pregnant mothers
<b>Iron</b> 27mg <sup>1</sup>	★The <b>lifespan of red blood cells is 120 days</b> , which is why it is important to start absorbing iron 3 months before conception in order to prepare yourself for gestation	★Iron, which <b>helps generate red blood cells</b> , is much needed during giving birth and postpartum stages	★Stimulates babies' <b>body and brain growth and development</b>
<b>Probiotics</b>	▲Helps balance probiotics in the gut, fortify <b>gastrointestinal functions and immunity</b> for pregnant moms	★Improves digestive functions and helps <b>absorb essential nutrients</b> for pregnant women; keeps the fetus healthy throughout the gestation stage ★ <b>Boosts immunity and gastrointestinal health of the fetus</b>	★Maintains fetal skin health and <b>reduce the likelihood of allergies in the future</b> ★Soothes <b>occasional gastrointestinal discomfort</b> of pregnant mothers
<b>Soy Lecithin</b>	▲Keeps <b>heart and brain blood vessels healthy</b>	▲The <b>main ingredient that makes up amniotic fluid</b> ; Facilitates fetal brain development, stimulates health and growth	▲Rich in <b>choline</b> which stimulates and improves <b>babies' brain cells and memory skills</b> ▲Helps <b>generate breast milk</b>
<b>Choline</b>	▲Improves <b>memory skills</b> and <b>regulates emotions</b>	★ <b>Critical to early fetal brain development</b>	★Absorbed by babies through breast milk; helps <b>control muscles</b> and facilitate neurotransmission

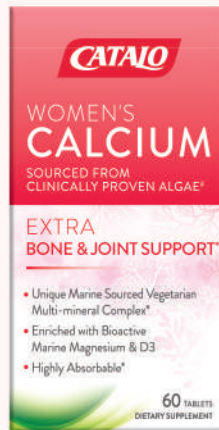
1. National Institutes of Health, Dietary Reference Intakes (DRIs), USA  
2. American Pregnancy Association



Product code:  
811032

### Natural Iron Made with Organic Curry Leaf

- ✓ Iron (from Organic Curry Leaf)



Product code:  
3410

### 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.



Product code:  
911053

### Vegetarian DHA Formula

- ✓ DHA (life'sDHA natural algae)



Product code:  
811026

### Vegetarian Folic Acid from Organic Lemon Peel Chewable Formula

- ✓ Folic Acid (from Organic Lemon Peel)



Product code:  
811024

### Extra Soy Lecithin (Pregnancy & 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.

# Drop by Drop: Raising Strong & Healthy Babies

## From Infancy to Childhood and Beyond

An infant's brain weighs approximately 25%<sup>1</sup> 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%<sup>2</sup> 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 D<sub>3</sub> sourced from natural lanolin, 1 drop per day gives you the required daily intake of Vitamin D<sub>3</sub> for 0 to 12-month-olds, as suggested by the American Academy of Pediatrics<sup>3</sup>
- Facilitates calcium absorption for bone and muscle building, as well as immunity boost

Each serving provides 400 IU of natural Vitamin D<sub>3</sub>

  
1 drop of  
Baby's D<sub>3</sub> Drops

is equivalent  
to = **10 large  
eggs<sup>4</sup>**



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 milk<sup>6+</sup>  
10 large eggs<sup>4</sup>



## 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 Tuna<sup>5</sup>



## 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 Tuna<sup>5</sup>



## 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 Tuna<sup>5</sup>



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 concentration<sup>1</sup>
- Consuming an adequate amount of EPA enhances children's EQ and emotion management<sup>2</sup>



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 daily<sup>3</sup>
- 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 intake<sup>4</sup>



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 colors<sup>5</sup>
- Opt for food from natural sources instead of those with synthetic food additives

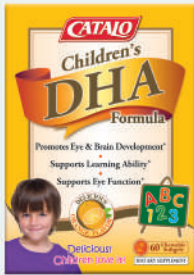


Soft drinks, candies and ice cream contain a large amount of artificial colors



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**

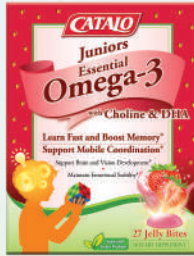


2 Children's DHA  
Formula softgels

is equivalent  
to =

**200g  
of Tuna<sup>1</sup>**






### 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 Tuna<sup>1</sup>+  
5 large eggs<sup>2</sup>**





### 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**

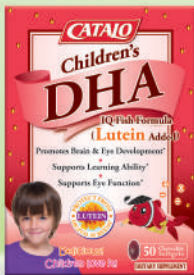


2 Children's Eye Health  
Formula tablets

is equivalent  
to =

**40g bilberries<sup>3</sup>+  
1 cup of Corn<sup>4</sup>**






### 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**

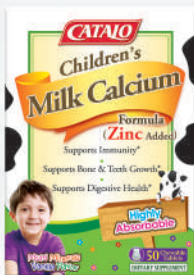


2 Children's DHA  
IQ Fish Formula  
(Lutein Added) softgels

is equivalent  
to =

**200g of Tuna<sup>1</sup>+  
½cup of Corn<sup>4</sup>**





### 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 bioavailable<sup>5</sup>
- 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 milk<sup>6</sup>**



1. EPA and DHA Content of Fish Species (Data From NDB SR16-1)

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)

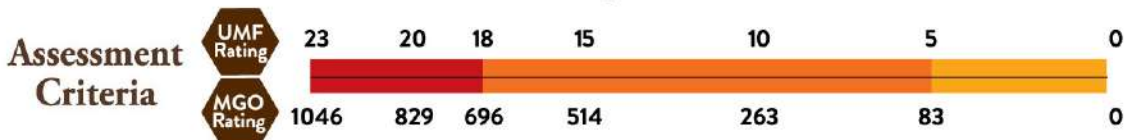
# Premium Manuka Honey

## 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.





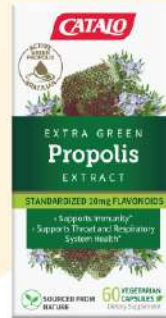


# Propolis Extract Powerful Antibacterial Properties Delaying Aging



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



HONG KONG

Hong Kong Food Festival



HONG KONG

Hong Kong Brands & Products Expo

HONG KONG

International Baby / Children Products Expo

CHINA HAINAN

China International Import Expo/  
China International Consumer Products Expo



USA

National Products Expo West / East



SINGAPORE

FHA F&B Singapore

# Catalog

## Special Selections

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# Natural Elements

## Quality & Trustworthy

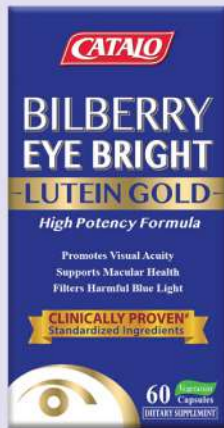
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Over 200 dietary supplements and health foods  
sourced from premium natural ingredients,  
garnering overwhelming support and reputation over the years.

# 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

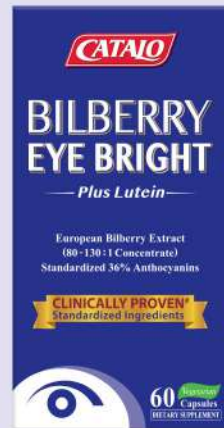
Eye Lubrication  
 ★★★★★★

Blue Light Filtering  
 ★★★★★☆

Reduced Redness  
 ★★★★★★

\*35-65+ | Vegetarian Capsules | Product code: 2848

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



60 capsules

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

Eye Lubrication  
 ★★★★★☆

Blue Light Filtering  
 ★★★★★☆

Reduced Redness  
 ★★★★★☆

\*12-45+ | Vegetarian Capsules | Product code: 3182

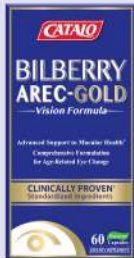
For Eye Surgery Patients  
 Bilberry AREC-GOLD Vision Formula



- Improved formula based on NEI's AREDS2
- Clinically proven<sup>1</sup>

Eye Lubrication  
 ★★★★★★

Blue Light Filtering  
 ★★★★★★



60 capsules

\*45-65+ | Vegetarian Capsules | Product code: 3126

For Students & Youngsters  
 Bilberry Eye Formula with Vegetarian DHA



- Provides essential care for the eyes
- Improves learning efficiency

Eyesight Improvement  
 ★★★★★☆

Eye Development  
 ★★★★★☆



60 capsules

\*12-30+ | Vegetarian Capsules | Product code: 3185

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 Developing Children  
 Children's Eye Health Formula



- Specially formulated with Taurine & Zinc
- Promotes eye development

Eye Lubrication  
 ★★★★★☆

Eye Development  
 ★★★★★★



60/120 tablets

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

\* 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)

# JOINT & BONE HEALTH

## Joint Lubrication & Pain Relief FlexiJoint™ LPR Formula



60 softgels

- Contains Natural Cetylated Fatty Acids
- Clinically Proven in alleviating pain<sup>1</sup>

Care & Nourishment  
★★★★☆

Synovial Fluid Stimulation  
★★★★☆

Inflammation & Pain Relief  
★★★★☆

Softgels | Product code: 2830

## Speedy Swelling & Pain Relief Extra FlexiJoint™ IFR Formula



- Incorporating Turmeric Phytosome<sup>®</sup>, ApresFlex<sup>®</sup> and Casperome<sup>®</sup> Boswellia Serrata Gum Resin Extracts for extra neck and back pain relief in as fast as 5-7 days<sup>2</sup>

Inflammation & Pain Relief  
★★★★☆

Vegetarian Capsules | Product code: 3139



60 capsules

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



Recommend for Sports



- Clinically proven 3 times more effective than Glucosamine and Chondroitin. Relieves pain in 7 days<sup>3</sup>

Synovial Fluid Stimulation  
★★★★☆

Inflammation & Pain Relief  
★★★★☆

Softgels | Product code: 3495



45 softgels

## Long Term Joint Support FlexiJoint Formula™



60 capsules

- Contains US patented BioCell Collagen<sup>®</sup> which provides adequate nutrients for joints

Care & Nourishment  
★★★★☆

Synovial Fluid Stimulation  
★★★★☆

Cartilage Regrowth  
★★★★☆

Capsules | Product code: 2982

## Topical Pain Relief FlexiJoint™ Topical Cream



50g

- Penetrates the skin to target affected areas, soothing joint comfort in as fast as 30 minutes<sup>4</sup>

Inflammation & Pain Relief  
★★★★☆

Topical Cream | Product code: 2831

45 1. Hessink R., Armstrong D., & Nagendran M.V. et al. (2002). J Rheumatol. 29, 1708-12 (Refer to Flexijoint™ LPR Formula)  
2. Vishal A.A., Mishra A. & Raychaudhuri S.P. (2011) Int. J. Med. Sci. 8(7), 615-622 (Refer to ApresFlex™)

3. Valera International (2012) Joint Health Dietary Supplement, 15, 2-51 (Refer to Antarctic Krill Oil, Zanthin® Astaxanthin, Sodium Hyaluronate)  
4. WILLIAM J. KRAEMER et al. The Journal of Rheumatology 2004. (Refer to Cetylated Fatty Acids)

# Strengthens joints & bones locks in calcium

## Optimal Calcium Absorption DenxiBone™ Formula



60 tablets

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

Bone Strengthening  
★★★★★☆☆



Tablets | Product code: 3129

## Cartilage Regeneration & Joint Flexibility Flexi Joint™ Vegetarian Glucosamine MSM Formula



- Formulated with GreenGrown® Glucosamines and OptiMSM® Methylsulfonylmethane
- Clinically Proven in relieving joint pain<sup>1</sup>

Care & Nourishment  
★★★★★☆☆

Cartilage Regrowth  
★★★★★☆☆



Vegetarian Capsules | Product code: 3454



60 capsules

## Cartilage Repair FlexiJoint™ HSC Collagen



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

Care & Nourishment  
★★★★★☆☆

Cartilage Regrowth  
★★★★★☆☆



Powder | Product code: 3140



160g

## Pain Relief & Bone Strengthening Extra FlexiJoint™ Vegetarian Glucosamine Formula



60 tablets

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

Care & Nourishment  
★★★★★☆☆

Cartilage Regrowth  
★★★★★☆☆

Inflammation & Pain Relief  
★★★★★☆☆



Vegetarian Tablets | Product code: 3230

## Muscles Strengthening FlexiJoint™ Muscle



107g

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

Care & Nourishment  
★★★★★☆☆

Muscle Regeneration  
★★★★★☆☆

Inflammation & Pain Relief  
★★★★★☆☆



Highly Soluble Powder | Product code: 3215

# ANTI-AGING Promoting cellular repair & improving body functionality

Upgraded Formulas, with better absorption  
Ultra Strength NMN18000 Youth Rejuvenator



60 capsules

360 capsules

120 capsules

- Formulated with Uthever™ NMN, the only brand ingredient<sup>†</sup> registered with the World Health Organization (WHO)
- Added Pureway C® Vitamin C which absorption rate can reach 90%
- 600mg clinically proven to be the optimal daily dosage for consumption
- Also available in 120/360 capsules packaging



Vegetarian Capsules

Product code:  
811036/812036/813036

Anti-aging, maintaining youthful functionality  
Ultra Strength NMN 15000 Youth Rejuvenator



120 capsules

60 capsules

- Formulated with Uthever™ NMN, the only brand ingredient<sup>†</sup> registered with the World Health Organization (WHO)
- Increasing NAD<sup>+</sup> level can enhance energy production and utilization in the body, promoting cellular repair & rejuvenation
- Also available in 120 capsules packaging



Vegetarian Capsules

Product code:  
811008/812008

Radiant skin and effective waistline reduction  
NMN Beauty & Firming Packet



30 packets

- Formulated with 4 professional ingredients: Uthever™ NMN, BioCell Collagen®, ExoFLORA100 Formula, and Exocyan™ Organic Cranberry Fruit Extract
- Relieve urogenital discomfort and supports digestive regularity, healthy weight management, immunity and skin health



Individual Packet (3 in 1 package)

Product code:  
811035

Easy absorption with effects within 15 minutes  
Ultra Pure NMN20000 Revitalizing Formula Powder



20g

- Formulated with Uthever™ NMN, the only brand ingredient<sup>†</sup> registered with the World Health Organization (WHO)
- Customizable intake amount and consumption method based on individual needs



High-purity powder

Product code:  
811037



# GUMMIES & LOZENGES

Sugar-free, natural, nutritious, and delicious

## Brain-boosting and eye-nourishing Powerful Brain Algae DHA Gummies



60 gum drops

- Natural vegetarian DHA algal oil
- Improve memory, enhance cognition and brighten eyes



Refreshing Lemon & Orange  
Flavored Gummies

Product code:  
811017

## Essential daily nutritional needs Superb Multivitamin Sugar-free Gummy



60 gum drops

- Support essential daily nutritional needs
- Maintain hair, skin, bone, and heart functioning



Vibrant Mixed Fruit  
Flavored Gummies

Product code:  
811018

## Dual immune protection

Boost Immunity Vitamin C & Zinc Zero Sugar Gummies



60 gum drops

- Fight against virus and strengthen physical fitness



Sweet Orange  
Flavored Gummies

Product code:  
811019

## Boost immune system

Natural Immune Defense Zero Sugar Lozenges



- Shorten the duration of respiratory discomfort symptoms



Natural Wild Berry  
Flavored Filled Candy

Product code:  
812029



20 lozenges

## Cough Relief

Natural & Sore Throat Relief Zero Sugar Lozenges



- Relieve cold and flu symptoms



Natural Peppermint & Orange  
Flavored Filled Candy

Product code:  
812030



20 lozenges

## 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



Natural Fruity Flavored  
Gummy Bears

Product code:  
3106



60 gummies

## 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 recovery<sup>1</sup>



Elderberry Honey  
Gum Drops

Product code:  
3394



15 gum drops

1. Tiralongo, E et al. (2016) Nutrients, 8(4), 182. (Refers to Elderberry (Sambucus nigra L.) Extract)

# WOMEN'S 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

## Radiant skin and effective waistline reduction NMN Beauty & Firming Packet



30 packets

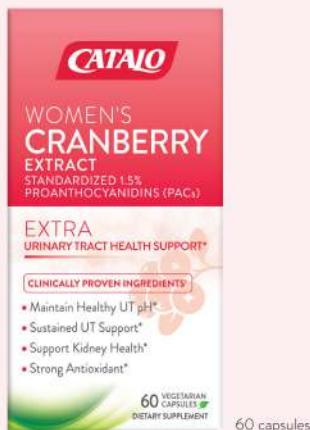
- Formulated with 4 professional ingredients: Uthever™ NMN, BioCell Collagen®, ExoFLORA100 Formula, and Exocyan™ Organic Cranberry Fruit Extract
- Relieve urogenital discomfort and supports digestive regularity, healthy weight management, immunity and skin health



Individual Packet  
(3 in 1 package)

Product code:  
811035

## Cranberries Premium Cranberry Extract



60 capsules

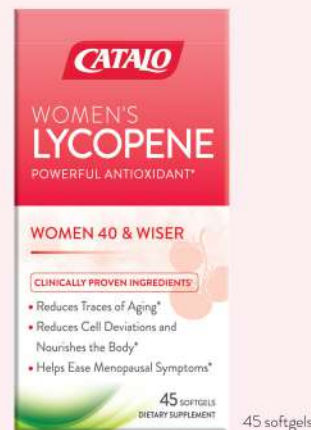
- Formulated with premium cranberries sourced from North America, which contain standardised proanthocyanins to ease irritation and burning sensation in the urinary tract



Vegetarian Capsules

Product code:  
2853

## Powerful Antioxidant Women's Lycopene



45 softgels

- 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



Softgels

Product code:  
3481

Nourish your body from inside out  
to maintain holistic health

## Organic Curry Leaf Women Vegetarian Iron from Organic Curry Leaf



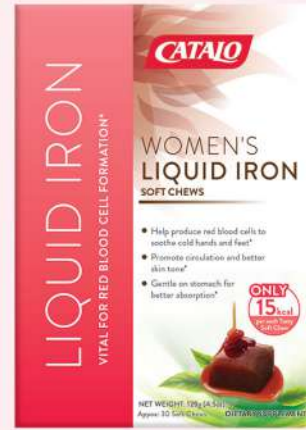
60 capsules

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



Vegetarian Capsules | Product code:  
811033

## Liquid Iron Women's Liquid Iron Soft Chews



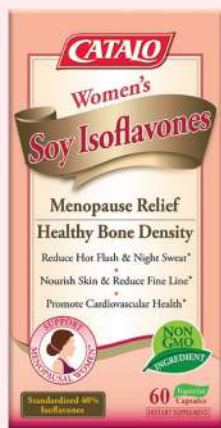
129g

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



Soft Chews | Product code:  
3422

## Soy Isoflavones Women's Soy Isoflavones



60 capsules

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



Vegetarian Capsules | Product code:  
3053

## Evening Primrose Oil Women's Evening Primrose Oil Extra Strength Formula



45 softgels

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



Softgels | Product code:  
3209

# WOMEN HEALTH

Nourish your body from inside out  
to maintain holistic health

## Collagen Hydrolysate Anti-Aging Collagen HA Total Revitalizing Essence



45 capsules

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



## 5 Patented Strains of Probiotics Women's Vaginal Flora Probiotics



30 capsules

- Contains 5 specially selected strains of patented FloraFIT™ Probiotics
- Increases urogenital flora within 7 days<sup>1</sup>
- Reduces itching, pain and unpleasant smell in intimate areas



## Astaxanthin Natural Astaxanthin Extract

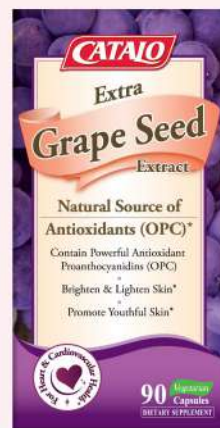


60 softgels

- Contains Astaxanthin, a powerful antioxidant which is clinically proven to improve skin elasticity and hydration<sup>2</sup>

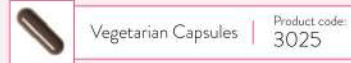


## Lighten skin and delay skin aging Extra Grape Seed Extract



90 capsules

- Contains standardized 95% Proanthocyanidins (OPC), protects body cells from damages by harmful free radicals and delays aging



# BODY SLIMMING AND SHAPING Discover your true beauty

## Fat Reduction CLA Slim Fat Cut Formula



30 softgels

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



Collagen Softgels | Product code: 811014

## Carb Absorption Blocker Extra Carb Blocker Formula



30 packets

- Formulated with white kidney bean extract, which help inhibit up to 66% carbohydrate absorption<sup>1</sup>



Tablets | Product code: 812015

## Weight management Extra Fat Burning Formula\*



14 packets

- Formulated with decaffeinated green coffee bean extract which is clinically proven in helping to lose 2lbs within 14 days<sup>2</sup>



Vegetarian Capsules | Product code: 814016

## Green Coffee Beans Green Coffee Bean Extract\*



- Formulated with patented Svetol<sup>®</sup> natural green coffee bean extract
- Helps stabilize blood sugar levels<sup>3</sup> and support healthy weight management



60 capsules

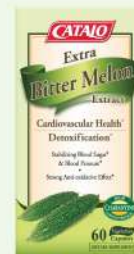


Vegetarian Capsules | Product code: 811006

## Bitter Melon Extract Extra Bitter Melon Extract\*



- Formulated with high-concentration bitter melon extract to stabilize blood sugar levels<sup>4</sup>



60 capsules



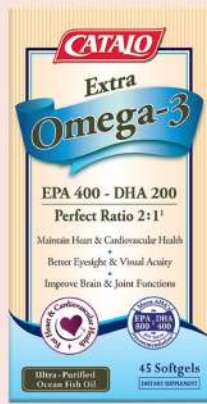
Vegetarian Capsules | Product code: 2939

These products ( 811006, 811016, 812015, 2939 ) are not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease. \*Product 811016, 811006 and 2939 are not suitable for pregnant women or children. Anyone prone to low blood sugar levels or taking antidiabetic drugs should consult a doctor before consuming these products.

1. Vinson, J. A., et al. (2009) The Open Nutraceuticals Journal, 2(1) (Refer to Phase2<sup>®</sup> Phaseolus vulgaris)  
2. Dellalibera, O., Lemaire B, Lafay S. 2006. Svetol, Phytotherapy. 4(4): 194-197(Refer to Svetol<sup>®</sup>)  
3. Varghese, M., et al. (2014). Translational Neuroscience. 5(2):111-116 (Refer to Svetol<sup>®</sup>)  
4. B. Joseph, et al. (2013). Asian Pac J. Trop Dis., 3(2): 93-102 (Refer to Bitter Melon Extract)

# CARDIOVASCULAR

## Omega-3 Extra Omega-3<sup>#</sup>



45/180/300 softgels

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

 Softgels | Product code: 2877/3013/2902

## Brain vitality and eye support Extra DHA Formula<sup>#</sup>



90 softgels

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

 Softgels | Product code: 812045

## Algae DHA Vegetarian DHA Formula<sup>#</sup>



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



60 softgels

 Vegetarian Softgels | Product code: 2968

## Algae DHA Extra Algae DHA<sup>#</sup>



- Each serving provides 660mg of DHA
- Clinically Proven to improve memory and cognitive skills<sup>2</sup>



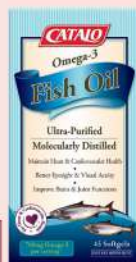
60 softgels

 Vegetarian Softgels | Product code: 3494

## Foundational Health Omega-3 Deep Sea Fish Oil<sup>#</sup>



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



45/180/  
300/550  
softgels

 Softgels | Product code: 2923/3011/2924/3105


## Blood Level Maintenance Ultra Gold Omega-3 Fish Oil<sup>#</sup>



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

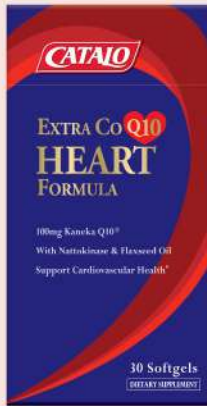


60/300/  
550 softgels

 Softgels | Product code: 3113/3114/3115

# The ultimate formula to boosting adults' cardiac efficiency

## CoQ10, Flaxseed Oil & Nattokinase Natural CoQ10 Heart Formula#



30 softgels

- Delays vascular aging and supports cardiovascular health



Softgels

Product code:  
2903

## Enhance cognitive function Extra Gold Memory & Cognitive Upgraded Formula#



60 capsules

- Made from a proprietary blend of Phosphatidylserine (PS) with Ginkgo biloba extract, proven synergistic benefits on optimizing brain and memory performance¹



Vegetarian Capsules

Product code:  
811041

## CoQ10, Flaxseed Oil & Nattokinase Extra Blood Cleanser#



60 softgels

- Restores heart vitality, arterial elasticity and unclogs arteries



Softgels

Product code:  
3491

## Soy Lecithin Extra Soy Lecithin#(Softgels/Granules)



45/180/  
300/500  
softgels



100g

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



Softgels/Granules

Product code:  
2900/811044

# LONG COVID

# Improving symptoms of long COVID

## Two types of Antioxidants Lung Defense Formula

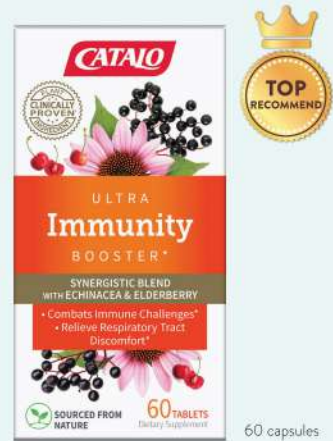


60 capsules

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



## Elderberry and Echinacea Ultra Immunity Booster



60 capsules

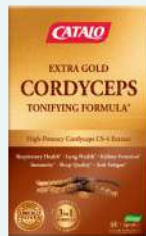
- A combination of premium natural herbal extracts, together with Natural Vitamin C, Zinc and Vitamin D
- Strengthen immune system and relieve respiratory tract discomfort



## 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



60 capsules



## 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 recovery!



15 gum drops



## Boost immune system Natural Immune Defense Zero Sugar Lozenges



- Shorten the duration of respiratory discomfort symptoms



20 lozenges



## Cough Relief Natural & Sore Throat Relief Zero Sugar Lozenges



- Relieve cold and flu symptoms



20 lozenges





# IMMUNITY

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

## Acerola Vitamin C

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



60 chewable tablets

60 capsules

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

	Chewable Tablets	Product code: 3145
	Vegetarian Capsules	Product code: 2999

## Natural Quercetin & Green Tea Extract

Quercetin & Green Tea Extract Sensitive Skin-Care Formula



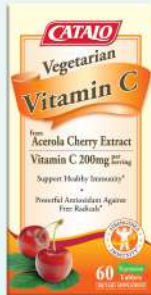
60 capsules

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

	Vegetarian Capsules	Product code: 2934
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## Accelerating body recovery

Acerola Cherry Extract (Vegetarian Vitamin C)



60 tablets

- Reduce bacterial attack and sickness
- Speed up wound healing and increase iron absorption

	Vegetarian Tablets	Product code: 3026
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## 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<sup>1</sup>

	Vegetarian Capsules	Product code: 2941
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60 capsules

## Green Tea

Extra Green Tea Extract



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

	Vegetarian Capsules	Product code: 2911
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60 capsules

## Boost Immunity

Timed Release Bio Vitamin C



- Formulated with Natural Citrus Bioflavonoids (Vitamin P) and Natural Rose Hips



60 tablets

	Vegetarian Tablets	Product code: 811010/812010
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## Quercetin

Extra Quercetin Extract



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

	Vegetarian Capsules	Product code: 2912
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60 capsules

1. Yeung Y.M. (2002). 1st edn. Taipei: Yuen Chi Jai Book Publishing (Refer to Natural Agaricus Blazei Murill Extract)  
 2. Mohammad Reza Khazdair, (2021) Adv Respir Med, 89(4), 472-473 (Refer to Hesperidin)

### Superfood & Wholefoods Men's Vitality & Wellness Booster



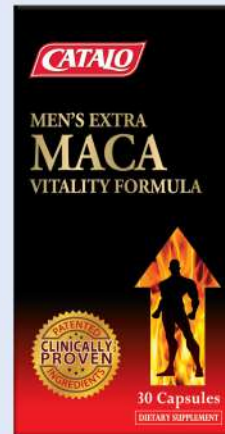
30 packets

- 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: 811022

### Maca Men's Extra Maca Vitality Formula



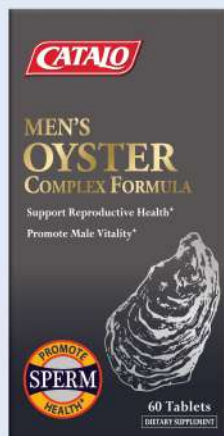
30 capsules

- Formulated with natural Maca and Tongkat Ali to restore strength, stamina and energy<sup>1</sup>



Capsules | Product code: 2973

### Premium Oyster Extract Men's Oyster Complex Formula



60 tablets

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



Tablets | Product code: 3041

### Saw Palmetto Men's Prosta Complex Formula



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



60 softgels



Softgels | Product code: 3083

### Lycopene Extra Tomato Lycopene



- Enhances male vitality and prevents cell deviation



45 softgels



Softgels | Product code: 2986

# MATERNAL HEALTH

Well-nourished mothers produce smart and healthy babies

## Algae Calcium + Vitamin C Vegetarian Calcium Formula



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: 93033

## Folic Acid

Vegetarian Folic Acid from Organic Lemon Peel Chewable Formula



60 capsules

- Each serving provides pregnant ladies with the suggested daily dosage<sup>1</sup>

 Women planning for a pregnancy, who are currently pregnant or lactating | Vegetarian Capsules | Product code: 911026

## 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.



30 softgels

 Women planning for a pregnancy, who are currently pregnant or lactating | Softgels | Product code: 911053

## Pure Algae DHA Algae DHA for Pregnancy



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



60 softgels

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

## 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



60 capsules

 Women planning for a pregnancy, who are currently pregnant or lactating | Vegetarian capsules | Product code: 911032


## 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



180 softgels

 Women planning for a pregnancy, who are currently pregnant or lactating | Softgels | Product code: 811024

# CHILDREN'S HEALTH

## Natural Deep Sea Fish Oil DHA Children's DHA Formula



60 softgels

- DHA 4:1 EPA formula for enhanced intelligence



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



50/100粒

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



## Algae DHA Baby's Algae DHA Drops



30ml

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



## Algae Omega-3 Baby's Algae Omega-3 Drops



30/  
60ml

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



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



- This ARA 2:1 DHA formula meets the World Health Organization (WHO) recommendations<sup>1</sup>



26.3g



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



- Contain VitaCholine<sup>®</sup> Choline extracted from grapes
- Promote brain and nervous system development



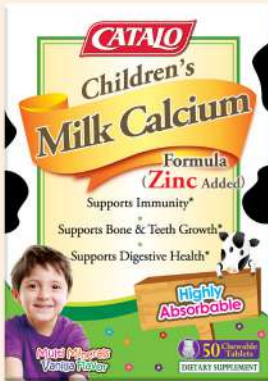
27 jelly bites



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

## Natural Milk Calcium

Children's Milk Calcium Formula (Zinc Added\*)



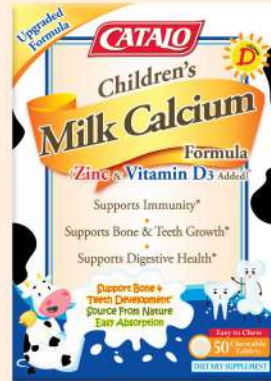
50/100 tablets

- 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

 Age 1+ | Natural Milk Flavored Chewable Tablets | Product code: 3017/3030

## Maintain bone, muscle, and immune health

Children's Milk Calcium Formula (Zinc & Vitamin D3 Added)



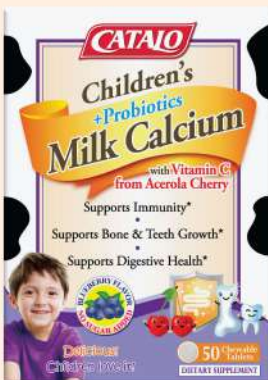
50 tablets

- Enhance a better bone mineral density to promote bone growth
- Replenish children's growth with a balanced natural minerals profile

 Age 1+ | Natural Milk Flavored Chewable Tablets | Product code: 911034

## Probiotics Milk + Calcium + Vitamin C

Children's Milk Calcium with Probiotics & Acerola Cherry



50/100 tablets

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

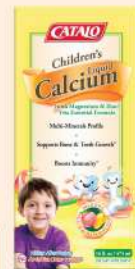
 Age 3+ | Natural Blueberry Flavored Chewable Tablets | Product code: 3097/3029

## 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

 6 Months+ | Natural Peach & Mango Flavors | Product code: 3093

## 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



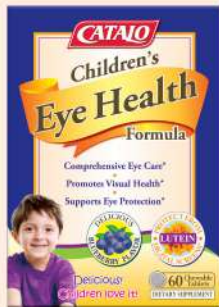
240ml

 6 Months+ | Natural Peach & Mango Flavors | Product code: 3124

# CHILDREN'S HEALTH

## Anthocyanins + Lutein

Children's DHA Formula



60/120 tablets

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

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

## Probiotics for Infants

Baby's Probiotics Skin & Immune Health Formula



20/30 packets

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

**Infants** | Individually Wrapped Powder | Product code: 3304/3152

## Supplementing iron for children's growth needs

Kid's Liquid Iron Soft Chews



- Gentle on stomach and easy to absorb
- Individual wrapped, portable and easy to serve



30 soft chews

**Age 3+** | Gummies | Product code: 3489

## 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



60 tablets

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

## Children's Probiotics

Children's Probiotics Formula



60 capsules

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

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

## 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

**Age 2+** | Natural fruity flavored gummy bears | Product code: 3106

## 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

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

# 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



6 Months+

Individually Wrapped Powder

Product code: 822002

## Enhancement of children's immune system Children's UMF 5+ Manuka Honey (Blackcurrant)



250g

- Help to boost immunity and protect the digestive System, with a perfectly tailored blackcurrant flavor for children



Age 1+

Liquid

Product code: 851001

## 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

## Colostrum Kid's Colostrum Formula



60 tablets

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



6 Months+

Natural Milk-Flavored Chewable Tablets

Product code: 2917

# BEE PRODUCTS

## Manuka Honey

Premium UMF®10+ Manuka Honey<sup>#</sup>



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<sup>#</sup>



250g

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



Liquid

Product code:  
2959

## Enhancement of children's immune system

Children's UMF®5+ Manuka Honey (Blackcurrant)<sup>#</sup>



250g

- Help to boost immunity and protect the digestive System, with a perfectly tailored blackcurrant flavor for children



Liquid

Product code:  
851001

## Manuka Honey Snap Pack

Active UMF® 10+ Manuka Honey Snap Pack<sup>#</sup>



20 packs

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



Snap Pack

Product code:  
3387



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

## Royal Jelly

High Concentration Royal Jelly Formula (2.2% 10-HDA)



45/300 softgels

- Contain standardized 2.2% 10-HDA which helps achieve healthy and beautiful skin and hair, as well as increase vitality



Softgels | Product code:  
821011/822011

## Green Propolis Extract

Extra Green Propolis Extract



60 capsules

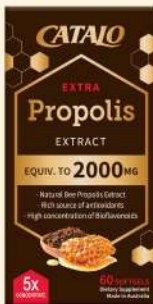
- Contain active bioflavonoids and Artepillin-C which help relieve allergies discomfort in the skin and respiratory tract, as well as alleviate nasal allergy conditions



Vegetarian Capsules | Product code:  
3079

## 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

## Propolis Liquid Extract

Ultra Clear Propolis Liquid Extract



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



30ml



Liquid | Product code:  
821008

## Nano Bee Pollen

Natural Nano Bee Pollen



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



90 capsules



Vegetarian Capsules | Product code:  
2938

## Royal Jelly

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



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



45/  
300 capsules



Vegetarian Capsules | Product code:  
821007/822007

## Propolis Extract 500

Extra Propolis Extract 500mg



- Rich in bioflavonoids to stimulate antiviral function of the body and helps promote respiratory health
- Also offers 2000mg



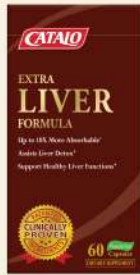
90/  
500 softgels



Softgels | Product code:  
821012/822012

# GENERAL HEALTH

## Patented Milk Thistle Silymarin Extra Liver Formula



60 capsules

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



Vegetarian Capsules | Product code:  
2971

## Natural Phospholipids Essential Liver Health Formula



30 softgels

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



Softgels | Product code:  
3290

## Body detoxification Organic Spirulina Chlorella



120 tablets

- Maintain healthy digestive system and healthy metabolism
- Improve liver function and help acid-alkaline balance



Tablets | Product code:  
811031

## Speedy Inflammation & Pain Relief Extra Turmeric Boswellia Extract



60 capsules

- 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

## Herbal Remedies Natural Relax Sleep Formula\*



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



60 tablets



Tablets | Product code:  
3086

## 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



60 capsules



Vegetarian Capsules | Product code:  
3001

# Nourish your body from the ground up

## Helps maintain healthy eyes, skin, and hair Multi-Vitamin with Minerals



60 tablets

- Provide 25 kinds of Vitamins and minerals from Vitamin A to Zinc
- Supporting an active lifestyle, stress management and immune health



Tablets | Product code:  
811012

## Non-GMO Soya Beans Vitamin E Extra Vitamin E Formula



60 softgels

- Boost immunity and promote skin and cardiovascular health



Softgels | Product code:  
3242

## Vitamin B Complex Extra Vitamin B Complex



60 capsules

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

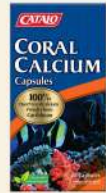


Vegetarian Capsules | Product code:  
811025

## Fundamental Calcium Absorption 100% Pure Coral Calcium



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



60 capsules

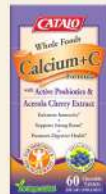


Vegetarian Capsules | Product code:  
2956

## 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

## 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



24ml



Spray | Product code:  
3389

## Substantial Calcium Absorption Algae Calcium Formula

Women's Choice



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



60 tablets



Tablets | Product code:  
3051

# PROBIOTICS

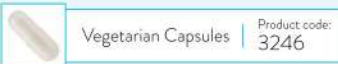
Probiotics improve gut flora, reduce sensitive symptoms and boost the immune system

## 10 Strains of Highly Potent Probiotics Extra Probiotics Intensive Formula



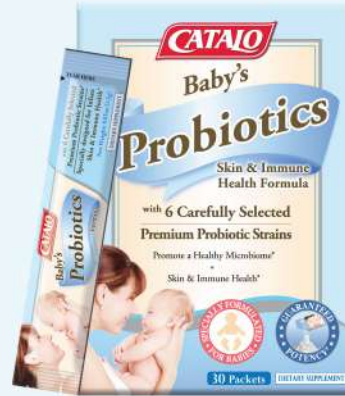
30 capsules

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



## Probiotics for Infants

Baby's Probiotics Skin & Immune Health Formula



30 packets

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



## 5 Patented Strains of Probiotics Women's Vaginal Flora Probiotics



30 capsules

- Contains 5 specially selected strains of patented FloraFIT™ Probiotics
- Increases urogenital flora within 7 days<sup>1</sup>
- Reduces itchiness, pain and unpleasant smell in intimate areas



## Children's Probiotics

Children's Probiotics Formula



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



60 capsules

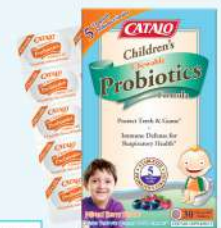


## Children's Probiotics

Children's Probiotics Chewable Formula



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



30 chewable tablets



# NATURAL FOODS

## Oat Milk (High Calcium)



500g

- May assist in stabilizing cholesterol

Product code: 204

## High Calcium Oat Milk with Black Sesame



500g

- Nutrients-rich for healthy growth of hair

Product code: 619

## 100% Pure Black Sesame Powder



454g

- Nourish the healthy growth of hair

Product code: 612

## High Calcium Oat Milk (Reduced Sugar)



- Promotes bone and joint health



500g

Product code: 622

## 100% Pure Natural Wheat Germ



- Rich in protein and dietary fiber



500g

Product code: 613

## Yam and Red Job's Tears Powder



- Improve dropsy and overall skin condition



454g

Product code: 616

## Oat Milk with Spirulina (High Calcium)



- Enhances bowel movements



500g

Product code: 205

## Natural Soybean Powder



- A strong antioxidant, delay aging



454g

Product code: 614

## Natural Almond Powder (High Calcium)



- Moisturize the lung and relieve cough



454g

Product code: 617

## High Calcium Oat Milk with Spirulina (Reduced Sugar)



- With 70% less sugar



500g

Product code: 623

## 100% Pure Black Bean Powder



- Reduce excessive fluid in the body



454g

Product code: 615

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



- Improve heart and bone health



454g

Product code: 618

# NATURAL FOODS

Blueberry & Friends  
Organic Crunchy Granola



340g

- Good for heart and gut health

Product code: 262

Berries Heaven Seeds Mix  
Organic Crunchy Granola



340g

- Good for brain, eyes and heart health

Product code: 263

Chocolate Factory  
Organic Crunchy Granola



340g

- Double chocolate and crunchy oats

Product code: 264

Natural Dried U.S.  
Red Tart Cherries



- Improve natural sleeping patterns



80g

Product code: 206

Organic Dried  
Cranberries



- Maintain healthy urinary tract



80g

Product code: 261

Natural Dried U.S.  
Wild Blueberries



- Reduce eyestrain and improve night vision



80g

Product code: 202

All Natural Muesli  
with Wild Blueberries



- Maintain healthy cardiovascular system



340g

Product code: 245

All Natural Muesli  
with Cranberries



- Help reduce free-radicals



340g

Product code: 246

Organic Blue  
Agave Syrup



- For people concerned about blood sugar



360g

Product code: 310

High Fiber Instant  
Rolled Whole Oats



- Relieve occasional constipation



500g

Product code: 215

High Fiber Instant Whole  
Oats with 10 Grains



- Maintain healthy cardiovascular system



500g

Product code: 216

Organic Balsamic Vinegar  
(Aged 5 years)



- Great for salads, meat and fish dishes



250ml

Product code: 904

# CATALO

Trustworthy &  
Transparent Sourcing

# No.1

Quality Guaranteed Health Foods Brand

Anita Yuen  
Best Actress winner



Natural Ingredients • Quality & Trustworthy



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馬寧 manning's | manning's 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
	Wong Chuk Hang	Shop G48, THE SOUTHSIDE	(852) 2880 0636
Kowloon	Tsim Sha Tsui	Shop B201-33, B2, K11 Musea	(852) 2322 2383
	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
	D2 Place	5/F Suite C, D2 Place TWO, Cheung Shun Street	(852) 3556 8686
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
	Tai Wai	Shop TAW18, Paid Concourse, Tai Wai MTR station	(852) 2307 0635
	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	(853) 2888 0820

**CATALO PLUS**

Kowloon	Tsim Sha Tsui	Shop B225, B2/F K11 Art Mall	(852) 3427 9207
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**CATALO Benefit**

Kowloon	Tsim Sha Tsui	Shop 2308A, L2, Gateway Arcade, Harbour City	(852) 3556 8686
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**CATALO Lab**

Kowloon	Mong Kok	Shop 21, B2, Langham Place	(852) 2311 2833
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**CATALO Counters**

Hong Kong - Causeway Bay Hysan Place Mannings · B2, SOGO · North Point Fortress Tower Mannings · Taikoo Shing City Plaza 2 APITA

Kowloon - Tsim Sha Tsui K11 Art Mall Mannings · Harbour City Mannings · Haiphong Road Mannings · Jordan Sino Cheer Plaza Mannings · Mong Kok Grand Plaza Mannings.

New Territories - Sheung Shui Landmark North Mannings · Tuen Mun Town Plaza 1 Mannings · Yuen Long Kau Yuk Road Mannings · YOHO Mall I Mannings · Kwong Wah Centre 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 · Tung Chung Tung Chung Crescent Mannings · 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.

**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.



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