

ONLY C

Anytime! Anywhere!

Only for you!!

随时随地!

保护着您!

NO ASPARTAME
无阿斯巴甜

NO COLOURING
无色素

添+加

PREBIOTIC
益生元



THE POWER OF VITAMIN C

维生素C的力量

Vitamin C supports the function of various immune cells and enhances their ability to protect against infection. It's also necessary for cellular death, which helps keep your immune system healthy by clearing out old cells and replacing them with new ones.

维生素C支持各种免疫细胞的功能，并增强它们抵御感染的能力。它也会清除旧细胞并用新细胞替代它们。这有助于保持您免疫系统的健康。

Supplementing with vitamin C has been shown to reduce the duration and severity of upper respiratory tract infections, including the common cold.

维生素C已被证明可以减少上呼吸道感染（包括普通感冒）的持续时间和严重程度。持续补充维生素C是我们生活中不可省略的步骤。



A large review of 29 studies in **11,306 people** demonstrated that regularly supplementing with vitamin C at an average dose of **1-2 grams** per day reduced the duration of colds by **8%** in adults and **14%** in children.

一项针对11,306人的29项研究表明，每天定期补充平均1-2克的维生素C可使成人感冒持续时间缩短8%，儿童感冒持续时间缩短14%。



Interestingly, the review also demonstrated that regularly taking vitamin C supplements reduced common cold occurrence in individuals under high physical stress, including marathon runners and soldiers, by up to **50%**.

有趣的是，该研究还显示，定期服用或补充维生素C可以将长期使用高强度体力活的个体（包括马拉松运动员和士兵）的普通感冒发生率降低50%。



Additionally, high-dose intravenous vitamin C treatment has been shown to significantly improve symptoms in people with severe infections, including sepsis and acute respiratory distress syndrome (ARDS) resulting from viral infections.

此外，大剂量静脉注射维生素C治疗也已被证明可以显著改善患有严重感染，包括败血症和急性呼吸道感染病毒所引起的窘迫综合征（ARDS）。



All in all, these results confirm that vitamin C supplements may significantly affect immune health, especially in those who don't get enough of the vitamin through their diet.

总而言之，这些结果证实有效的补充维生素C可能会显著改善免疫系统的健康，尤其是对于那些无法通过饮食摄取足够维生素的人。



The upper limit for vitamin C is **2,000 mg**. Supplemental daily doses are typically between **250 mg** and **1,000 mg**.

维生素C的每日上限是2,000毫克。每天的补充剂量通常在250毫克和1,000毫克之间。



Nutrition Facts/Datos de Nutri

4 servings per container/8 raciones por envase

Serving size/Tamaño de la porción

Calories/Calorias

Total Fat/Grasa total 15g

Saturated Fat/Grasa Saturada 7g

Trans Fat/Grasa Trans 0g

Cholesterol/Colesterol 5mg

Sodium/Sodio 110mg

Total Carbohydrate/Carbohidrato Total 24g

Dietary Fiber/Fibra Alimenticia 7g

Total Sugar/Azúcares Totales 8g

Includes 4g Added Sugars/Incluye 4 g de azúcares añadidos

Protein/Proteínas 1g

Vitamin D/Vitamina D 0mcg

Calcium/Calcio 20mcg

Iron/Hierro 0mg

Potassium/Potasio 200mg

Check your
Vitamin C
ingredients
检查您的维生素C成分

How bad is aspartame for you?

阿斯巴甜对身体的坏处？

Authors of a 2017 review concluded that aspartame may affect the immune system and, as a result, it may lead to oxidative stress and inflammation. Their findings suggested that aspartame could affect the cells of various body organs, including the brain, the heart, the liver, and the kidneys.

2017年一项研究回顾的结论是，阿斯巴甜可能会影响免疫系统，因此可能导致氧化应激和炎症。这项研究的结果表明，阿斯巴甜会影响各种身体器官的细胞，包括大脑、心脏、肝脏和肾脏。

How bad is colouring for you?

人工色素对身体的坏处？

Food coloring is FDA approved, making it "safe" to eat, but watch out because you might be eating highly processed and chemically engineered foods.

食用色素已获得FDA批准，可以“安全”食用，但得要小心，因为您吃的可能是高度加工和化学工程食品。

Most foods & drinks containing artificial food dyes are highly processed, contain little if any natural nutrients, and are high in calories and added sugars. Food dyes are likely to be detrimental to our health, which is supported by the cancer-causing, immune disrupting, and hypersensitivity effects that they are linked to.

大多数含有人造食用色素的食品和饮料都经过高度加工，几乎不含任何天然营养素，而且热量和添加糖分都很高。市场上也有多项报道证明食用色素可能对我们的健康有害，并会致癌、干扰免疫和导致过敏反应。

How good is prebiotic for you?

益生元对身体的好处？

Taking prebiotics supports microorganisms in the gut, resulting in health benefits impacting the immune system, digestive health, metabolism, mental health, and mineral absorption.

服用益生元支持肠道微生物，从而对免疫系统、消化系统健康、新陈代谢、心理健康和矿物质吸收产生健康益处。

NO
ASPARTAME
无阿斯巴甜

NO
COLOURING
无色素

PLUS
PREBIOTIC
添加益生元

15 AMAZING HEALTH BENEFITS OF ACEROLA CHERRY

种惊人的针叶樱桃健康益处



Vitamin C
Supplement
富含维生素C



Prevents Scurvy
预防坏血病



Vitamin A
Supplement
富含维生素A



Boosts Visionary
Health
改善视力



Provides Essential
Nutrients
提供人体必需营养素



Rich in
Antioxidants
富含抗氧化剂



Enhances
Immunity
增强免疫力



Increases Collagen
Production
增加胶原蛋白的合成



Improves
Metabolism
改善新陈代谢



Less Gastrointestinal
Issues
减少胃肠道问题



Offers Better
Cardiac Health
提高心脏功能



Reduces Blood
Sugar Level
降低血糖水平



Fights Against
Oxidative Stress
对抗氧化应激



Prevents Lung
Cancer
预防肺癌



Promotes Weight
Loss
助于减肥

SIGN OF VITAMIN C DEFICIENCY

维生素C缺乏的迹象



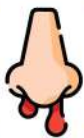
Low Immunity
免疫力失调



Dry Skin
皮肤干燥或起皱



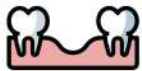
Joint Pain
关节疼痛肿胀



Nose Bleeds
流鼻血



Bleeding Gums
牙龈出血



Tooth Loss
牙齿缺失



Slow Wound Healing
伤口愈合缓慢



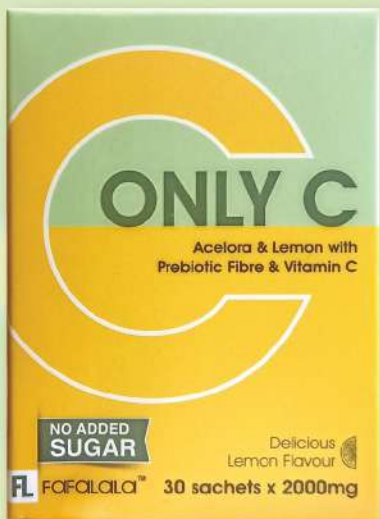
Easy Bruising
容易瘀伤



Digestive Disorders
消化系统不良

THE RIGHT WAY TO TAKE 正确服用方法

ONLY C



WHEN

什么时候

Anytime! Anywhere!!
High doses of C can
impact recovery
任何时候! 任何地方!
高剂量的C让伤口
更快愈合



HOW

如何服用

Consume directly by
pouring into mouth,
or mix it with water,
shake or meal
直接口服, 或与水、
奶昔或餐食混合饮用



WHY

为什么

Crucial for healthy immune
function, collagen
production, nutrient
absorption, and
cardiovascular health
最主要的功效 - 加强免疫
功能、胶原蛋白的产生、
营养吸收和保护心血管



CAUTION 注意

If you have "gastric" please take ONLY C after foods, ie don't take ONLY C on empty stomach.
如果您有“胃痛”, 请在用餐仅服用ONLY C。(切记不要空腹服用)



RM12

DISCOUNT VOUCHER

RSP: RM39.99

ONLY C

NAME: _____

HP NO: _____

RECEIPT NO: _____



RM22

DISCOUNT VOUCHER

RSP: RM69.99

DINO KIDS C

NAME: _____

HP NO: _____

RECEIPT NO: _____



RM52

DISCOUNT VOUCHER

RSP: RM139.99

MUMU STORM

NAME: _____

HP NO: _____

RECEIPT NO: _____

ONLINE REDEMPTION: Whatsapp 011 2432 9887

Terms & Conditions:

- Voucher is valid till 30 Jun 2024 .
- Only one voucher can be used per purchase per receipt.
- This gift voucher is not redeemable for cash.
- The purchase of this gift voucher does not permit the purchaser to claim any of the nonosugar online points.
- This voucher is not applicable for on-going promotion activities or privilege discounts.
- This gift voucher can be used in all Pharmacy Outlets.
- This voucher must be signed by the authorised signatory and certified by Pharmacy outlet as proof of issuance.
- NONOSUGAR HEALTH TECH SDN BHD reserves the right to change, modify or amend the term and conditions mentioned above at any time without prior notice.

Authorised Chop Signature



Vitamin C 维生素C

Vitamin C is a water-soluble vitamin. It is needed for normal growth and development. Water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. Although the body keeps a small reserve of these vitamins, they have to be taken regularly to prevent a shortage in the body.

维生素C是一种水溶性维生素。它是正常生长发育所需的。水溶性维生素溶于水。剩余量的维生素通过尿液排出体外。虽然我们的身体会少量的保留这些维生素，但我们必须定期服用或补充以预防身体缺乏维生素C。

Nutrition information: Serving size: 2g (sachet)

	Per 100g	Per serving (2g)
Energy	386kcal	7.72kcal
Carbohydrates	95.9g	1.92g
- Total Sugar*	3.7g	0.07g
- Added Sugar+	0.0g	0.0g
Protein	0.5g	0.01g
Total fat	0.0g	0.0g
Vitamin C	50000mg	1000mg
Dietary fibre	1.0g	0.02g

*Contains naturally occurring sugar
+No added sucrose or fructose

Find out more about NONOSUGAR 想了解nonosugar的更多信息

Customer Care 客户服务:

Monday- Friday, 9am - 6pm 周一至周五, 上午9点至下午6点

+60 11-2432 9887

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www.nonosugar.love

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