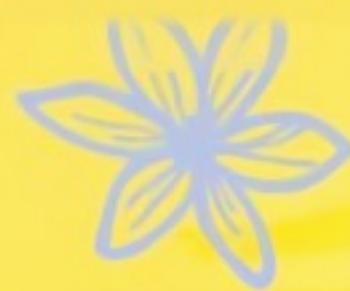




nonosugar



**Let's say NO to SUGAR**



# Palm Tocotrienol Rich Fraction May Help To Improve Cognitive Functions

富含棕榈生育三烯酚的成分有助于改善认知功能



**No Added Sugar & Fructose**  
Plant-Based Complete Nutrition  
马来西亚第一无添加糖 & 果糖  
植物性的全营养



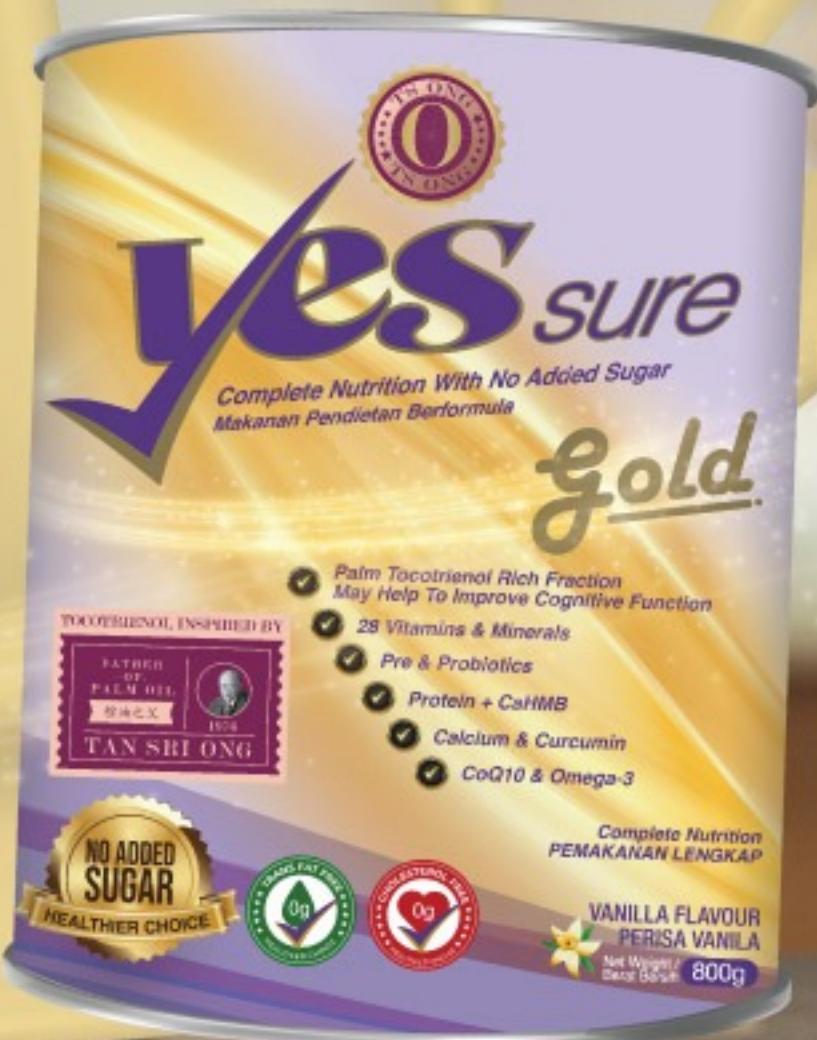
**with Turmeric Extract**  
马来西亚首创  
含100%姜黄萃取的全营养

To Boost Brain Power

For Joint Health

核桃补大脑

姜黄补关节



**FOR DIABETICS**  
适合糖尿病患者



**LOW GLYCEMIC INDEX (LOW GI)**  
低血糖指数 (低 GI)



**VEGAN - & VEGETARIAN-FRIENDLY**  
适合素食主义者



**ANTI-INFLAMMATORY**  
抗发炎



**IMPROVES DIGESTION**  
改善消化不良



**WEIGHT LOSS**  
减重效果



**1st In The World**  
世界上第一个

Palm Tocotrienol Rich Fraction  
(sourced from DavosLife\* E3 DVP 30-WD)  
富含棕榈生育三烯酚的成分

# Tocotrienol = T3 (Vitamin E) Prevention of Dementia 预防失智症

**May improve cognitive function**  
有助于改善认知功能

High in  
antioxidants  
高抗氧化

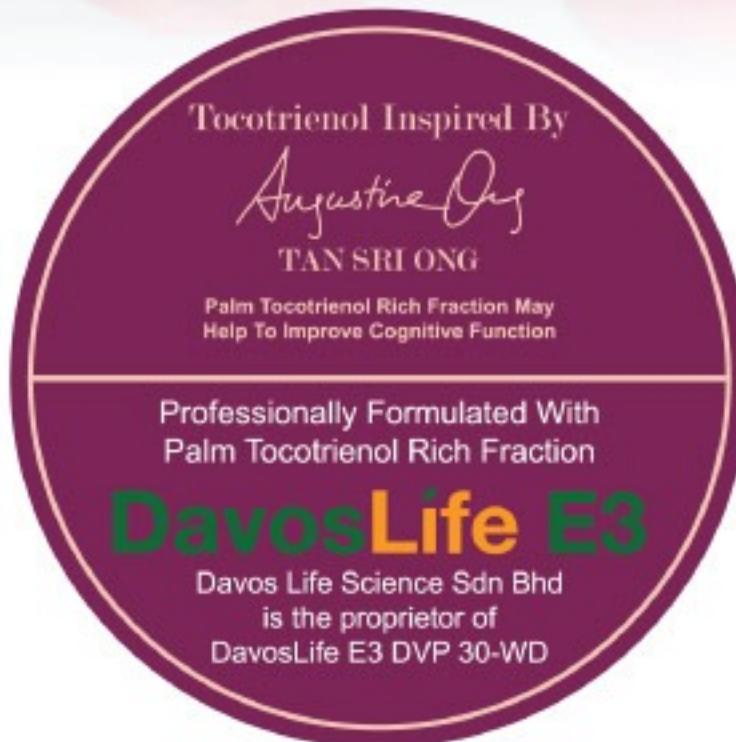
Anti-inflammatory  
抗发炎

May lower  
cholesterol  
助于降低  
胆固醇

May provide  
neuroprotection  
助于神经  
保护作用



\*KLK OLEO Davos Life Science is the licensor and proprietor of the Davoslife E3 DVP 30-WD.



Better Quality • Best Price

更好的质量 · 最好的价格

# 3 scoops for 10 benefits

## 3勺 10大好处



Palm Tocotrienol T3  
(Vitamin E)  
棕榈生育三烯酚 T3  
(维生素E)



28 Vitamins & Minerals  
28 种维生素和矿物质



High in plant-based  
protein + HMB  
富含植物性蛋白质 + 羟甲基丁酸



Omega 3 + CoQ10  
& zero cholesterol  
欧米加3 + 辅酶Q10和零胆固醇



Vegetarian-friendly  
适合素食者



Calcium + Vitamin D  
钙 + 维生素D



Vitamin C 500mg  
维生素C 500 毫克



Lutein  
叶黄素



High in fibre +  
pre & probiotics  
高纤维 + 益生菌和益生菌



High-quality plant protein + Fibre  
(lower cholesterol and blood sugar)  
优质植物蛋白 + 优质纤维  
(降低胆固醇和血糖)

Palm Tocotrienol T3  
(Vitamin E)  
棕榈生育三烯酚 T3  
(维生素E)

28 Vitamins & Minerals  
28 种维生素和矿物质

CaHMB  
High in Protein  
β-羟基-β-甲基丁酸钙  
蛋白质含量高

Vitamin B1, B2, B6,  
B12 & K1  
维生素 B1、B2、B6、B12 和 K1

CoQ10 & Omega-3  
辅酶Q10 & 欧米加3

High in Calcium &  
Zero Cholesterol  
高钙和零胆固醇

Vitamin A, C, D & E  
维生素 A、C、D 和 E

Pre & Probiotics  
High in Fibre & Inulin  
益生元和益生菌  
高纤维和菊粉

Lutein  
叶黄素

Colostrum  
初乳

Better Quality • Best Price  
更好的质量 • 最好的价格

4 scoops for  
10 benefits  
4 勺 10大好处



In addition, both milk powders have the following common benefits:

除此之外，两款奶粉的共同点及好处：



Strengthens the Musculoskeletal  
强化肌肉骨骼



Lutein Repairs Eyesight  
叶黄素修复眼睛视力



High in Fibre  
高纤维



High in Protein  
高蛋白



Prebiotics + Probiotics  
(Healthy Gut)  
益生元 + 益生菌(蠕动肠胃)



OMEGA 3 欧米加3  
(Supports Normal Brain Function)  
(支持大脑功能)



CoQ10 辅酶 Q10  
(Antioxidant + Boost Skin Collagen)  
(抗氧 + 皮肤胶原蛋白)



28 Vitamins + Minerals  
28种维生素 + 矿物质



High in Calcium + Vitamin C  
高钙 + 维生素C



Zero Cholesterol  
零胆固醇



DIRECTION OF USE 使用方法

①



195ml

lukewarm water

195毫升温水

+



3 scoops (51g)

②



Recommended  
2 servings per day  
建议每日2份量

DIRECTION OF USE 使用方法

①



195ml

lukewarm water

195毫升温水

+



4 scoops (56g)

②



Recommended  
2 servings per day  
建议每日2份量

# What is the difference between the two milk powders?

## 两种奶粉的区别如下：

### High in plant-based protein.

非常高的植物蛋白。

### Walnuts are good for brains!

- may protect against Alzheimer's disease.  
核桃特别补脑

- 可防止老年痴呆症。

### Low GI

- Stabilizes the blood sugar level, reduces the risk of cardiovascular disease and diabetes complications.  
- The feeling of satiety lasts longer, making you less likely to be hungry.

### 减低血糖指数

- 易控血糖，降低心血管及糖尿病风险。  
- 饱腹感持续时间长，血糖波动小，更能控制食欲。

### Vitamin C 500mg enhances immunity.

维生素C 500mg 提高免疫力。

### Vegetarian-friendly.

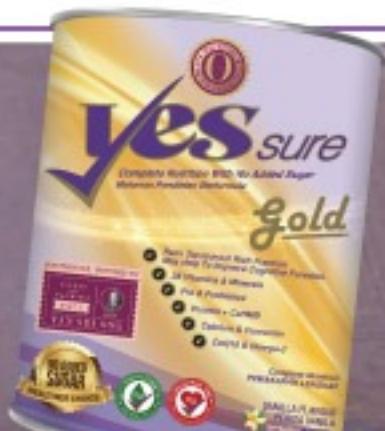
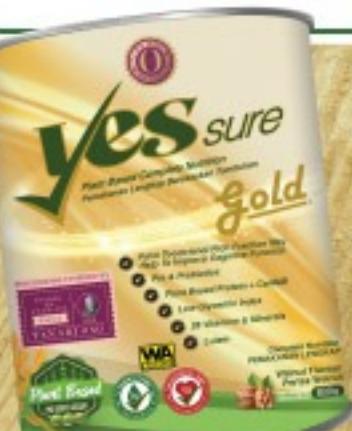
适合素食者。

### WA (Western Australia) Lupin

- the highest combinations of both protein and fibre.

澳大利亚西部 羽扇豆

- 蛋白质和纤维的最高组合。



### Cow's milk 牛奶

- Good source of protein and calcium, vitamin B12, iodine and magnesium, which is important for bone and muscle, to play a role in lowering blood pressure.

- 蛋白质和钙、维生素 B12、碘和镁的良好来源（对骨骼发育和肌肉功能很重要）以及乳清和酪蛋白（已被发现具有降低血压的作用）。

### 100% turmeric extract

- anti-inflammatory and reduces joint pain.

添加100% 姜黄萃取

- 对身体发炎，关节有非常大的帮助。

### Colostrum 初乳

- promotes normal cell growth, tissue repair and trauma healing.  
- 能促进细胞正常生长，组织修复和外伤愈合。

### Vitamin B complex 维生素B群

- Eliminates fatigue and soreness.

- 消除身体疲劳和酸痛。

### Vitamin K1 维生素K1

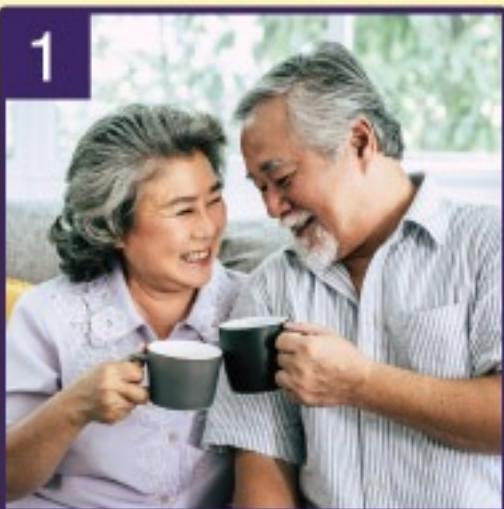
- Increases bone metabolism, promotes heart health and contributes to blood clotting.

- 有助于血液凝固，也能促进骨骼的新陈代谢和心脏的健康。

# Highly Recommended for 推荐予



1



Elderly  
老年人

2



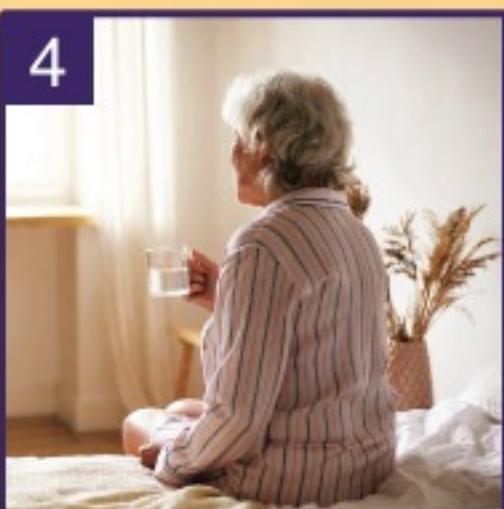
Those who are not able  
to consume solid food  
无法进食固体食物

3



Supplemental tube  
feedings  
补充管饲

4



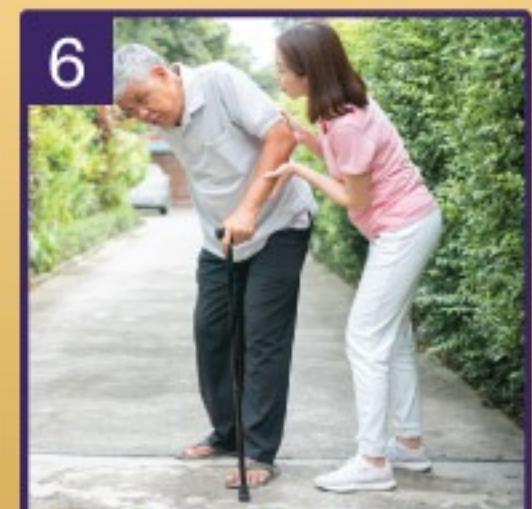
Pre & Post-surgical  
patients  
手术前 & 手术后

5



Those who are  
recovering from illness  
正在康复的状况中

6



Senior citizens with  
restricted movement  
行动受限的长者

7



Those who want to slow  
down the rate of muscle loss  
想要减慢肌肉流失速度者

8



Those who are  
underweight or skinny fat  
体重过轻或瘦胖者

9



Those who are having  
digestive problems  
面对消化问题



10 Pre & Post-workout individuals  
锻炼前后



11 Active adults looking for complete nutrition (with inadequate adequate calories intake)  
需要全营养(热量摄入不足)的活跃成年人



12 Working person who are looking for proper diet & nutrition  
想要寻找均衡营养饮食的忙碌者



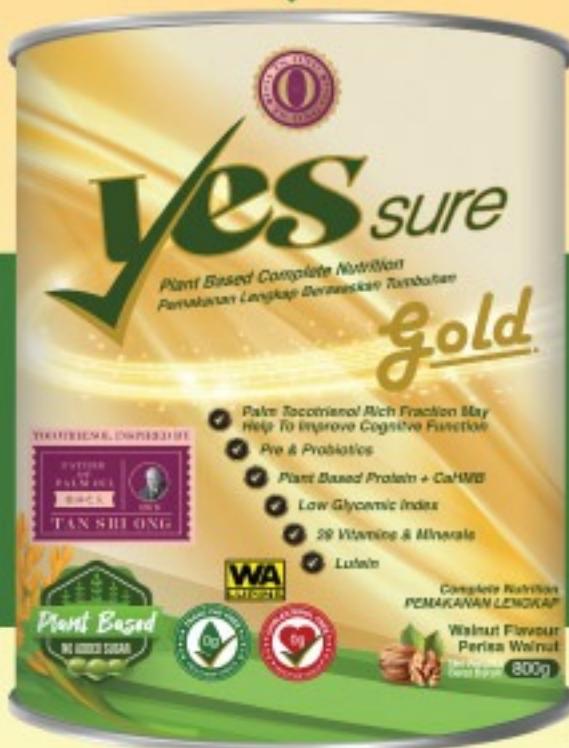
13 Prenatal & Postnatal mothers  
产前&产后妈妈



14 Complete nutrition for cancer patients before and after chemotherapy  
癌症患者化疗前后  
需要的完整营养



15 Prediabetic or Diabetic  
糖尿病前期或糖尿病者



If you have any concerns,  
kindly please seek  
professional advice from  
your doctor or community  
pharmacist.

如果您有任何疑问，  
请向您的医生或社区  
药剂师寻求专业建议。

## YesSure PLANT-BASED (Low GI) [most suitable for No. 13, 14 & 15]



- Not for intravenous use.  
不可用于静脉注射。
- Contains Vitamin K. Persons taking warfarin shall seek advice from a medical professional before consuming this product.  
含有维他命K。服用华法林的人士在食用本产品前应征询医学专业人士的意见。
- Not suitable for individuals with galactosemia.  
不适合半乳糖血症患者。

**FUN FACT**

有趣的事

Lupin plants help reduce farmers' use of artificial chemical fertilisers because they fix nitrogen in the soil.

羽扇豆有助于减少农民对人工化肥的使用，因为它们可以在土壤中固氮。

# LUPIN = SUPERFOOD

羽扇豆 = 超级食物

**3X** of your usual  
vitamin intakes  
您日常的维生素摄入量

WA LUPINS supported by the Government of Western Australia, The Department of Jobs, Tourism, Science and Innovation, Access Asia Business Grants program 2022.

西澳大利亚 羽扇豆 获得西澳大利亚政府就业、旅游、科学和创新部 2022 年进入亚洲商业补助计划的支持。

Our lupins really are a genuine sustainable **SUPERFOOD**.

我们的羽扇豆确实是真正可持续发展的超级食品。



High Protein  
More than  
Quinoa

蛋白质含量高于藜麦



Vegan

素食主义者



High Iron  
More than Kale  
含铁量比羽衣甘蓝高



High Fibre  
More dietary  
fibre than Oats  
纤维含量高于燕麦



High Potassium  
More than  
Banana  
钾含量比香蕉还高



Gluten Free

无麸质



Non GMO

非转基因



Negligible  
Starch

微不足道的淀粉

# Muscle = Mobility

## 肌肉 = 行动力

There are many benefits to the body [with muscle], and every movement in daily life depends on muscles.

身体 [有肌] 好处多多，日常生活中的一举一动，都要靠肌肉来完成。

Muscle is important regardless of age or gender. Focus on muscle mass, not only for body shape but also for health!

肌肉的重要性不分年龄与性别，重视肌肉质量，不只为身材也为健康！

How can YesSure's unique **No Added Sugar** formula help you?

YesSure独特的无添加糖均匀配方如何帮助您？

 YesSure enhances the **7 Powers**

护好“七力” ~ 养脑，养脚，养生。。。不养老



Joint Power  
补脚力



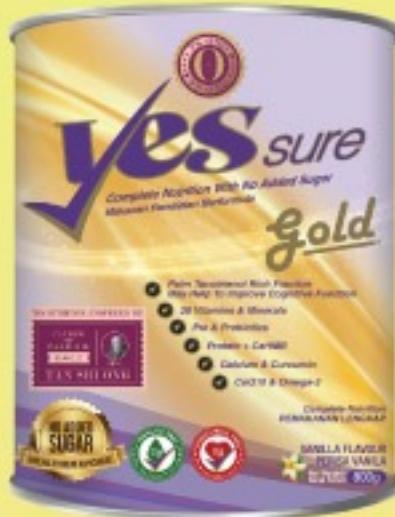
Brain Power  
健脑力



Gut Power  
吸收力



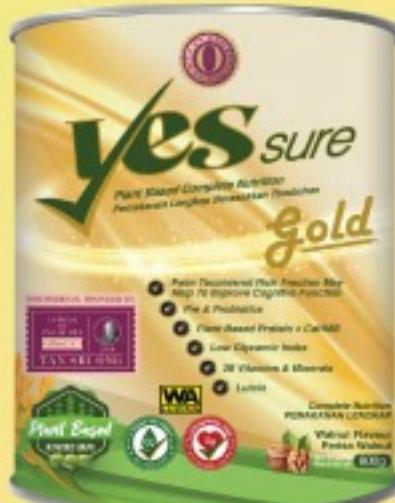
Eye Power  
护眼力



Immunity Power  
免疫力



Physical Power  
强体力



Mobility Power  
行动力

# *Are muscle mass important ?*

肌肉量重要吗？

We often forget about muscles in our body. The fact is, there are **639 muscles** in the **human body**, which account for **30% to 40%** of the **body weight**. But do you know that you will lose these muscles with age? In fact, the rate of muscle loss increases as you age.

在身体各个部位中，肌肉是最容易忽略的，殊不知，人体肌肉大约有 639 块，可占体重的 30%~40%。但大家不要认为机体内的肌肉始终这么多，随着年龄的增长，肌肉流失速度会越来越快。



**2% - 4%**  
**MUSCLE**  
**LOSS**  
**PER YEAR**

After age of 30

30岁之后，肌肉质量  
每年减少2%-4%

Statistics have found that after the age of 60, the rate of muscle loss will reach about 30%, and the rate of muscle loss will be even faster after the age of 80, even reaching about 50%.

统计发现：60岁以后，肌肉流失速度还会达到30%左右，到80岁以上肌肉流失速度还会更快，甚至能够达到50%左右。



Are you sure? YesSure ini kan tak ada gula?  
**TAK ADA GULA... TAK MANIS... mestilah TAK SEDAP!**

Ehhh... tak kisahlah... asalkan **SIHAT**

Redeem **FREE SAMPLES**  
**X 8 HARI** **NOW**



**01124329887**



NONOSUGAR  
last seen Today, 10.00



Name (名字) :

Age (年纪) :

Contact (电话) :

Address (住址) :

Email (电邮) :

Why do you need adult milk powder?

为什么您需要成人奶粉?

Recommended by :

经过谁的推荐呢?

09.55 ✓

\*terms & conditions apply

\*limited for 100 clients



“用过许多全营养成人奶粉都不满意者**精选**”

实际感受

**YesSure** 效果 8天 免费

试喝活动!

# HEAR THEM OUT! 听他们说!

Kamal ★★★★★

Umur besar susah mengunyah makanan sekarang ni. Minum susu ini sudah 1 tahun lebih, sangat baik sebab banyak nutrition. New Version ada Tocotrienol sangat baguslah, tak akan senang jadi pelupa 😊. Terima Kasih free gifts kopi ☕ yang tak ada gula, boleh campurkan dengan susu ni... Enjoy betul-betul 😊

现在年纪大了，咀嚼食物变得比较困难。我已经喝这个牛奶一年多了，非常好，因为它有很多营养。升级版里所添加的生育三烯酚非常好，可帮我没那么容易忘东忘西 😊。谢谢卖家所赠送的咖啡☕不加糖，可以加YesSure牛奶...真的很享受 😊

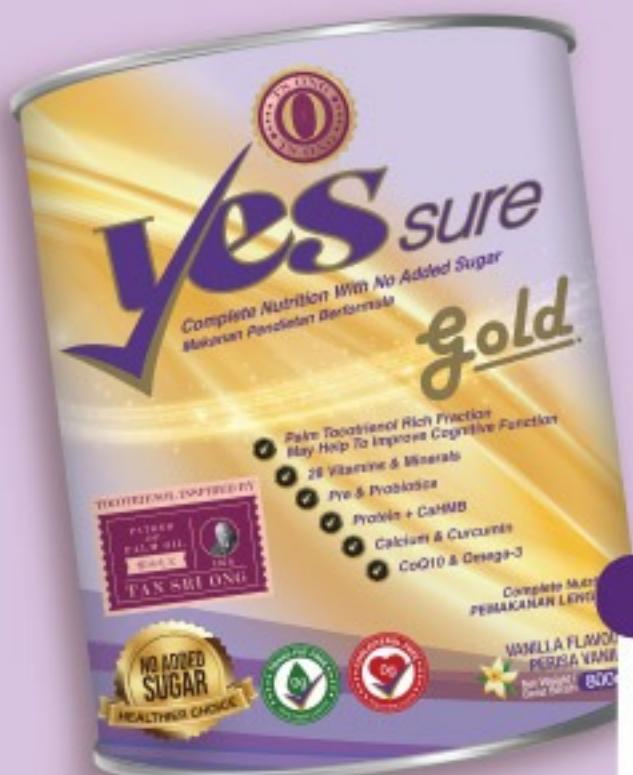
Chai Yuen ★★★★★

I have been using YesSure milk powder for years. Once after brewing and cooling, I found that the milk solidified (similar to tofu curd). After asking, I found out that the milk powder contains pure high protein. However, still can drink it as usual by spoon 😊. Normally, other milk powders are still watery even after 30 minutes.

My family members all said that they didn't feel tired easily, which was very good. 💪

接触YesSure奶粉已有年多，有一次冲泡冷却后，发现牛奶竟然凝固了（相似豆腐花）。经过询问，才了解到因为奶粉含有纯高蛋白质粉。不过，还是可以安全饮用，只是得用勺子。😊 通常其他奶粉冷却后，都是水水的。

家人喝了都说感觉没那么容易累，非常好 💪



Cathryinne ★★★★★

My mom feels more energetic after drinking it. The taste is also very unique.

妈妈喝了之后感觉比较有精力，没那么容易累。味道也很独特。

Bernard42 ★★★★★

YesSure Gold Classic cow's milk is perfect for my meal replacement, especially when I am just lazy to eat anything in the office. It's making me full and lasts longer hours. Surprisingly, because of the intermittent fasting and with this complete nutrition, I managed to cut down 3kg in 3 months. 😊😊

YesSure Gold Classic 牛奶非常适合充当我的代餐！尤其是当我在办公室里懒得吃任何东西的时候，它让我饱腹并可以持续更长的时间不必进食。令人惊讶的是，由于间歇性禁食和全营养奶粉的配合，我在3个月内成功减掉了3公斤。😊😊

Aini ★★★★★

Nampak YesSure Gold Classic upgraded formula added Tocotrienol. Beli kasi mak & bapa cuba... Harap selepas minum tak Nyanyuk..... 😊 Anyway Terima Kasih seller always sabar sajerr jawab pertanyaan kita ni. Good Services 😊

看起来 YesSure Gold Classic 升级配方添加了生育三烯酚。我买它是因为爸爸妈妈试过了...希望他们喝了之后不会那么快老化... 😊 不管怎样，谢谢卖家，一直耐心回答我们的问题。服务很好 😊

# HEAR THEM OUT! 听他们说!

Qistina ★★★★★

Taste: Sedap  
Quality: Baik

Mak saya suka.. Then byk dpt test.. Alhamdulillah.. Inshaallah next repeat oder.

味道不错

质量：良好

我妈妈喜欢它..然后收到了很多样品.... 以后会再次订购的。



Loosze ★★★★★

First time buying this plant-based milk, trying it out, and really good.

Taste great and no sweet at all.

Quality : Good quality milk, taste good, and came with a few sachets of ONLY YoGut ~ Pre + Probiotic no added sugar( Free Gifts ). Mix 2 sachets in the plant-based milk, perfect indeed 😊.

第一次够买这植物奶，尝试了哦，确实不错。味道很棒而且一点也不甜。

品质：牛奶品质高，味道好，还附赠几包ONLY YoGut ~ 无添加糖的益生菌+益生元（免费赠品）。将两包加入植物奶中混合，真是完美，美味健康可口😊。

Katie ★★★★★

I am a cancer survivor, consuming YesSure Plant-based about 2 years ++ . After surgery, chemotherapy, or radiation therapy, extra protein is usually needed to heal tissues and help fight infection. Thank you for the good formula. Good muscle mass may improve your cancer prognosis, and we must practice cutting down the sugar in our daily lives.

我是一名癌症幸存者，食用 YesSure Plant-based 约 2 年++。手术、化疗或放射治疗后，通常需要额外的蛋白质来治愈组织并帮助抵抗感染。

谢谢YesSure的独特配方。良好的肌肉质量可能会改善您的癌症预后，我们必须不断地学习在日常生活中减糖。

Wadi ★★★★★

New Version YesSure PLANT-BASED ni ada Tocotrienol, ada Lupin... Perfect for myself 😊 sebab selalu takut memory hilang dan tak boleh buang besar 😂 Sudah try, betul-betul Okay👍 suka Walnut Flavour la, sangat sedap ❤️

新版YesSure PLANT-BASED含有生育三烯酚，羽扇豆...非常适合我 😊 因为我总是害怕失忆，还有时常便秘 😂 试过了，这高纤维核桃植物奶，我很喜欢耶 👍 好好喝，好健康 ❤️

Shamir ★★★★★

Orang tua kat rumah kencing manis reading 12 😐 susah dapat LOW GI, dan susu yang tak ada "Fructose"... YesSure Plant-based ini bagus sekali 👍 tak ada gula tambahan, tak ada fructose dan Low GI lagi 💪 because excessive consumption of fructose can be toxic to the liver. Takut orang tua punya liver sekejap koyak 😐

Terima Kasih banyak2 sebab jual ini susu yang berkualiti 😊

家里父母有糖尿病，血糖值12 😐 很难找到低GI和没有“果糖”的植物奶...YesSure Plant-based真的很好 👍 无添加糖，无果糖又低GI了 💪 因为过量食用果糖会对肝脏产生毒性。我怕我爸妈的肝短期内损坏了 😐

非常感谢你们出售这么优质的牛奶 😊

**1st In The World**  
世界上第一个

TS ONG TOCOTRIENOLS  
+ PROBIOTIC L PLANTARUM

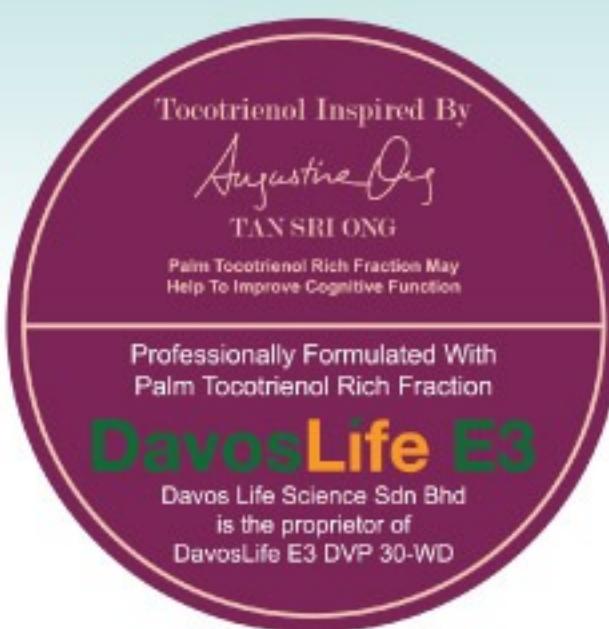
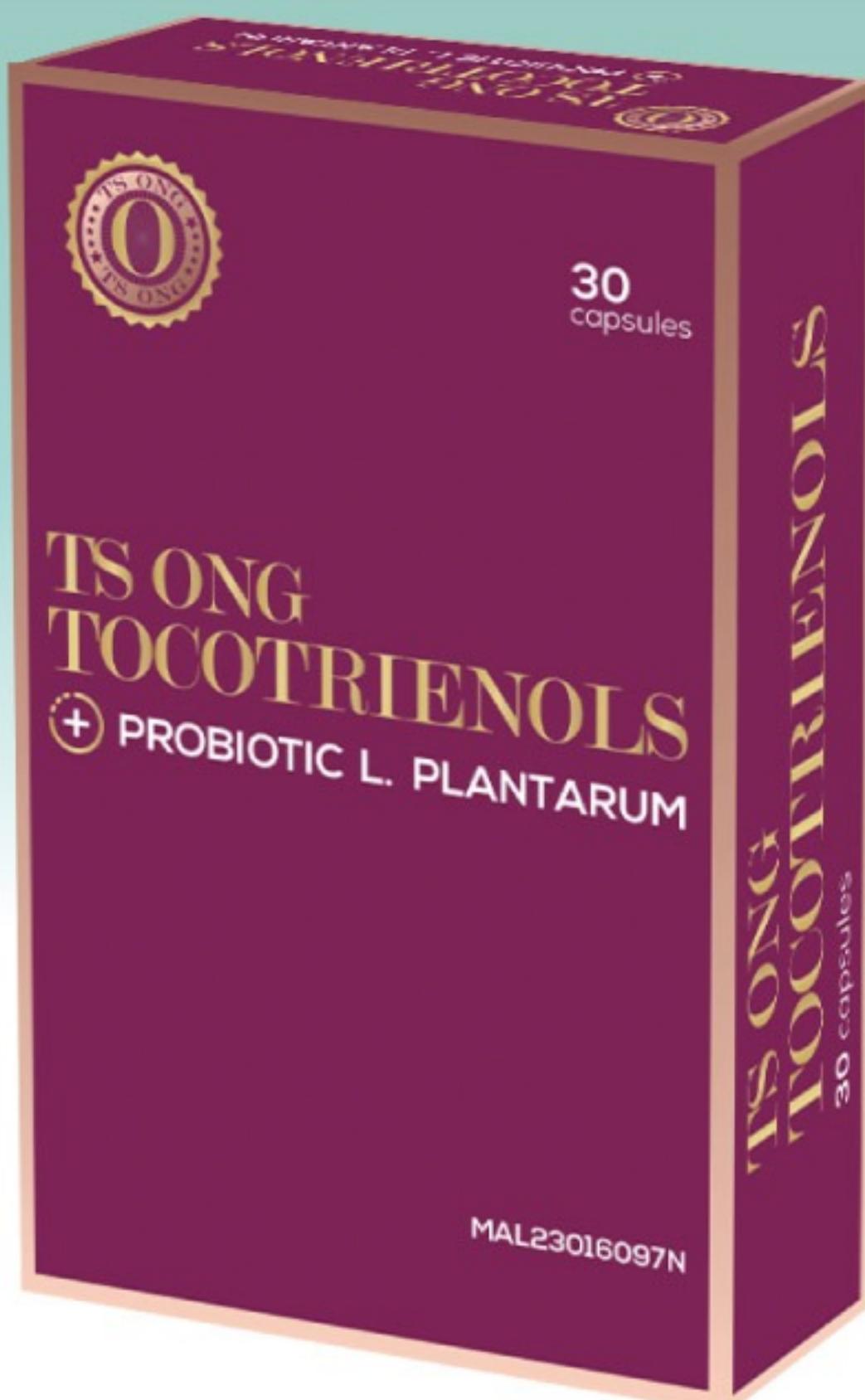
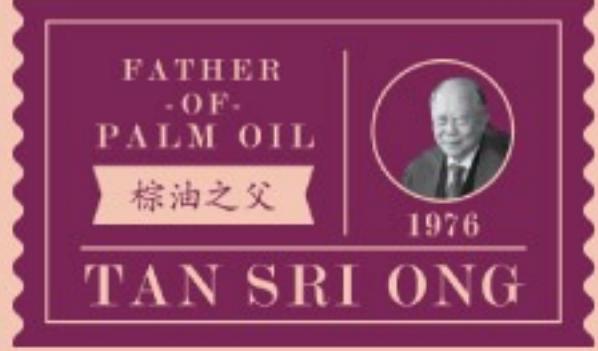
# Tocotrienol = T3 (Vitamin E)

## Prevention of Dementia & NAFLD

(NAFLD = Non-Alcoholic Fatty Liver Disease)

### 预防失智症和非酒精性脂肪肝

TOCOTRIENOL INSPIRED BY



# Malaysia - China Belt and Road Win-Win Cooperation

## 马来西亚中国一带一路共赢合作

### Palm Tocotrienols

生育三烯酚 (T3)



**Professor Augustine  
Ong Soon Hock**  
(王顺福教授)

Father of Malaysian Palm Oil  
马来西亚棕油之父



+

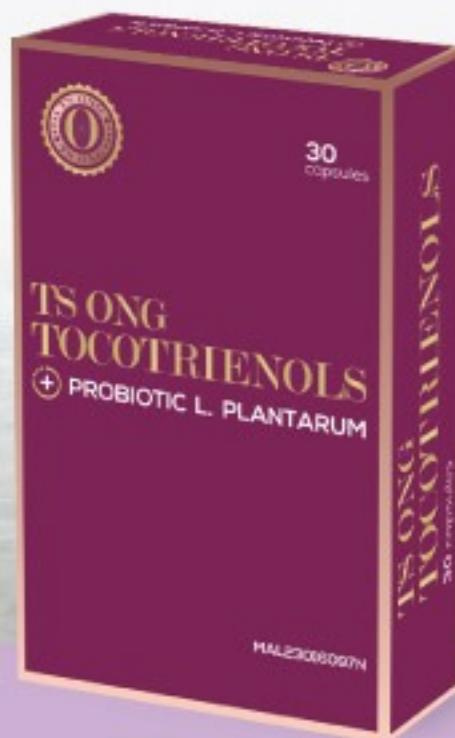
### Probiotic L. Plantarum (P8)

植物乳杆菌益生菌



**Professor Zhang Heping**  
(张和平教授)

Father of China Probiotics  
中国益生菌之父



## What Are The Benefits of VITAMIN E (T3)?

### 维他命E (T3) 的好处?

1

Tocotrienols have up to  
**60X MORE**

antioxidative potency compared to  
α-Tocopherol.

与 α-生育酚相比，生育三烯酚的抗氧化功效高出  
**60倍。**

2

It also has  
**unique anti-inflammatory**  
properties that are not seen in α-Tocopherol.

Inflammation is the cause of many health issues, such as infection,  
swelling, skin problems, digestive issues, non-alcoholic fatty liver, etc.

它还具有 α-生育酚所没有的  
**独特抗炎特性**

炎症会导致许多健康上的问题，例如感染、肿胀、皮肤病、消化问题、  
非酒精性脂肪肝等。

Vitamin E (T3) is great for:

维生素 E (T3) 适合提升和保护：



**HAIR**  
头发



**SKIN**  
皮肤



**NAILS**  
指甲



**BRAIN  
HEALTH**  
大脑健康



**LIVER  
HEALTH**  
肝脏健康

**Tocotrienols (T3) = Vitamin E**  
**生育三烯酚 (T3) = 维他命 E**



# One Belt One Road

## 中国马来西亚一带一路



**Happy 90th Birthday!!**  
**Tan Sri Augustine Ong**

**九  
十  
大  
寿**

**松  
鹤  
延  
年**



# ika OLYMPIC CULINARY @ Feb 2024, Stuttgart Germany

奥林匹克烹饪2024 @ 德国斯图加特





# Congratulations

*Malaysian National Culinary Team  
on winning two silver medals  
at the 2024 Culinary Olympics!*

恭喜马来西亚国家烹饪队在2024年烹饪奥运会上夺得两枚银牌！



# Introducing World's First Palm Olein + Extra Virgin Olive Oil Blend!

世界上第一个混合棕榈油 + 初榨橄榄油的食用油！



TAN SRI ONG

# P90

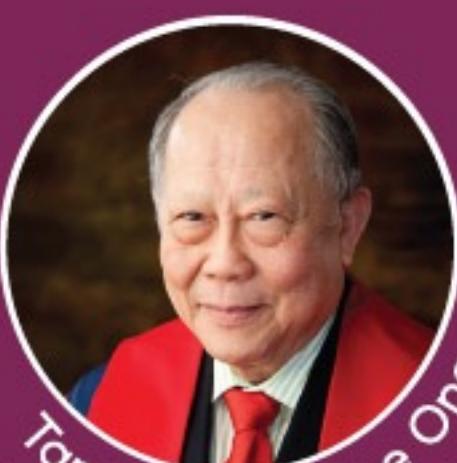
Palm Olein Olive Oil  
棕 榴 橄 油

The Gold Standard of Cooking Oil backed by science.  
以科学为研究基础的黄金标准食用油。



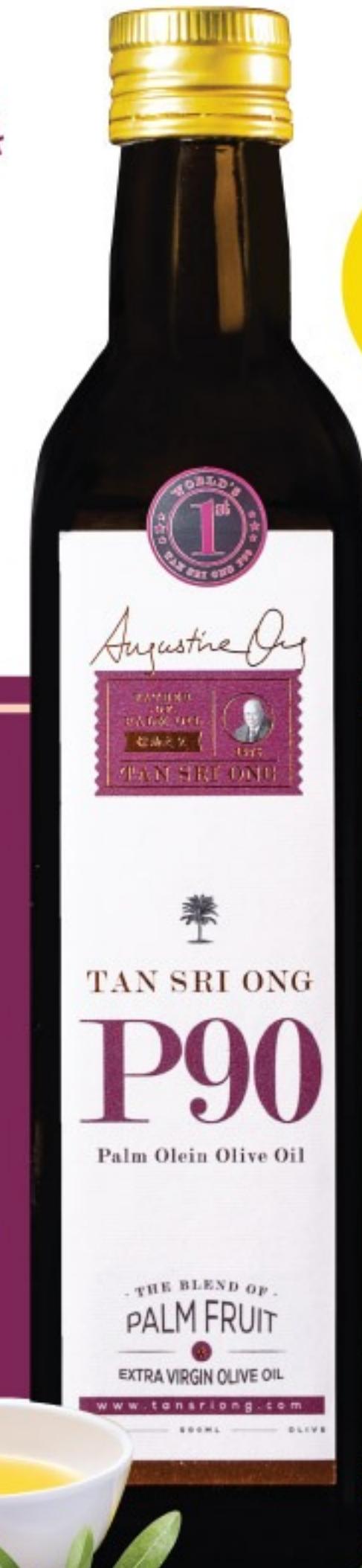
90% 10%

Introduced by  
**FATHER OF PALM OIL**  
由马来西亚棕榈油之父隆重推介



Tan Sri Augustine Ong  
丹斯里荣誉教授拿督王顺福博士

*Augustine Ong*



[www.tansriong.com](http://www.tansriong.com)



**vegan**



# Introducing World's First Red Palm Olein + Extra Virgin Olive Oil Blend!

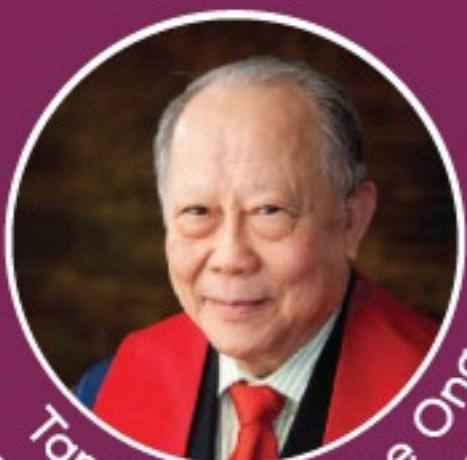
世界上第一个混合红棕油 + 初榨橄榄油的食用油!

The Gold Standard of Cooking Oil backed by science.  
以科学为研究基础的黄金标准食用油。



90% 10%

Introduced by  
**FATHER OF PALM OIL**  
由马来西亚棕榈油之父隆重推介



Tan Sri Augustine Ong  
丹斯里荣誉教授拿督王顺福博士

*Augustine Ong*



Red Palm Olein Olive Oil  
红 棕 榴 橄 油

P90



RED



vegan



[www.tansriong.com](http://www.tansriong.com)



Jeff Kong 龚江峰

**MR. Jeff Kong, Pharmacist**  
B.Pharm (UniSA, Adelaide, South Australia)  
龚江峰, 药剂师  
中西合璧 业界美誉成翘楚  
**Founder & CEO, 创始人兼首席执行官**  
**NONOSUGAR HEALTH TECH SDN BHD**  
*Medical & Research Advisor,*  
*Malaysian Chinese Medical Association*  
马来西亚中华医学会医学与研究顾问

Added sugar, which is the sugar found in sodas, sweets, and other processed foods, contributes to obesity, type 2 diabetes, heart disease, cancer, and tooth decay. To reverse our health, we should all Say NO to SUGAR. The first step is to avoid sugary drinks and focus on eating whole foods. A healthy lifestyle is also easier than you think – a low carb healthy fat and intermittent fasting are sustainable ways of living healthily for the rest of your life. Dr. Jason Fung recommends intermittent fasting and a low-carbohydrate or ketogenic diet to help people lose weight and manage diabetes. Fasting is when you restrict your intake of food and drink for a period of time. Let us start now!!

### 何谓添加糖?

添加糖是在加工或制备食品和饮料时添加到食品和饮料中的糖。日常生活中常见的白砂糖、绵白糖、红糖、玉米糖浆、葡萄糖浆及蜂蜜等都属于添加糖。这些添加糖主要用于生产常见的汽水、果汁、乳酸饮料等包装饮料以及甜点、糖果等食物，日常的烹饪、煮茶、制作果汁和糕点也会用到部分添加。

### 糖吃太多，会发生什么事?

过多糖分会对身体带来危害：肥胖、糖尿病、胰腺功能失调、血液浓稠、脂肪肝疾病、癌症、降低骨质密度、皮肤疾病和牙酸蚀症、能量波动或情绪化等等。

#请别再狂喝含糖饮料

为了逆转我们的健康，我们必须向糖说不。最主要的是避免含糖饮料并多吃天然食物。其实要长期保持健康，一点都不难～低碳水化合物健康脂肪饮食法及间歇性禁食确实是非常棒的好方法。加拿大医生Jason Fung，就是用轻断食配合低碳饮食，逆转了成千上万的糖尿病。拥有健康的身体，应该从一点一滴做起！



**Academician Tan Sri Emeritus Professor  
Datuk Dr Augustine Ong Soon Hock**  
丹斯里院士名誉教授拿督王顺福博士

**SCIENCE ADVISOR, 科学顾问**  
**NONOSUGAR HEALTH TECH SDN BHD**  
*Father of Malaysian Palm Oil*  
马来西亚棕榈油之父

*Augustine Ong*

When you cut added sugar or remove sugar from your diet, you need to replace it with good oils and healthy fats. Our body needs fat to help us absorb vitamin A, D and E. These vitamins are fat soluble, which means we can only absorb them with the help of fats. Healthy fats are polyunsaturated fats with a low omega-6: omega-3 ratio. A balanced consumption of omega-3 and omega-6 oils can benefit the cardiovascular system, skin, joints, hormonal balance, and emotional health. Also, never miss a chance to enjoy some fresh air and sunlight in the morning because that is free for your health!

当您从日常生活中的饮食及饮料减少糖分时，您需要用优质油脂和健康脂肪取而代。我们的身体需要脂肪来帮助吸收维生素 A、D 和 E 等等。这些维生素是脂溶性的，这意味着我们只能借助脂肪来吸收它们。健康脂肪是具有低 omega-6 : omega-3 比例的多不饱和脂肪。我们必须均衡摄入 omega-3 和 omega-6 油，因为这可以有益于心血管系统、皮肤、关节、荷尔蒙平衡和情绪健康。除此之外，千万别错过每天早上出去散散步，好好享受新鲜空气和阳光。早点起床，去聆听鸟儿的歌声，去闻闻野花的清香，去感受清风的吹拂和绿叶的沙沙声。去感受声音的美，色彩的美，味道的美，生命的美，大自然的美。



**Malaysia** has been reported as the fattest country in Southeast Asia for quite a few years now. According to the National Health and Morbidity Survey 2019, 1 in 2 Malaysian adults is overweight or obese. This is worrying.

多年来，马来西亚一直被报道为东南亚最多肥胖者的国家。根据2019年全国健康和发病率调查，每2名马来西亚成年人中就有1名超重或肥胖。这确实令人担忧。

**NONOSUGAR** is a health tech company that is on a mission to helping the Asian consumers in reversing their health. Our aim is to turn sick-care into true healthcare. True healthcare is to care about your health when you are still healthy. When you are truly educated about your own health, then you will be able to extend your life span and health span. Together, we can all learn how to prevent ourselves from falling sick!

NONOSUGAR 是一家健康科技公司，其使命是帮助亚洲消费者逆转健康。我们的目标是将疾病护理变成真正的医疗保健。真正的医疗保健是在您还健康的时候必须先提早采取行动关心您的健康。当您真正了解自己的健康时，您将能够延长寿命和健康长寿。让我们一起学习如何做好最好的预防措施及迈向健康旅程！

## OUR VISION 我们的愿景

**To guide the Asian health-conscious consumers to learn, practice and share how to build a sustainable healthy lifestyle.**

引导亚洲有健康意识的消费者们一同学习、实践和分享如何建立可持续性的健康生活方式。

## OUR MISSION 我们的使命

**We are on a mission to build a health eco-system for the community through our platform with a series of products and services that are combined with science and technology in Asia.**

我们的使命是通过平台为社区建立健康生态系统，提供一系列与亚洲科技科学相结合的产品和服务。

# Business Partners :

## 全国合作伙伴：



### Selangor 雪兰莪

1. ASCEN PLUS PHARMACY SDN BHD
2. DF PHARMACY SDN BHD
3. E'CARE WOMEN SPECIALIST CLINIC
4. EDEN PHARMACY
5. FAMILY PHARMACY SDN BHD
6. HAI SENG HUAT MARINE SDN BHD
7. KEDAI UBAT DONG FOONG SDN BHD
8. KLINIK PAKAR KANAK-KANAK WONG LIFE GENESIS SDN BHD



### Kedah 吉打

1. CHONG PHARMACY SDN BHD
2. FARMASI ASPIRASI (PENDANG) SDN BHD
3. SUPER PHARM HEALTHCARE PLT@ (SELASIH PHARMACY)



### Perlis 玻璃市

1. ZEN APOTHECARY SDN BHD



### Kuala Lumpur 吉隆坡

1. ASCEN PLUS PHARMACY (RX) SDN BHD
2. GM PLUS HEALTHCARE SDN BHD
3. IMK PHARMACY SDN BHD
4. MEDISERVE PHARMACY SDN BHD
5. R PHARMACY



### Melaka 马六甲

1. FARMASI LIMBONGAN (M) SDN BHD
2. PINK PHARMACY SDN BHD



### Perak 霹雳

1. HOOIT MART SDN. BHD.
2. MERIT PHARMACY SDN BHD



### Johor 柔佛

1. MORNING PHARMACY SDN BHD
2. PHARMBHOUSE PHARMACY
3. SMILE PHARMACY SDN BHD
4. SY PHARMACY SDN BHD
5. TANGKAK PHARMACY SDN BHD
6. TK MEDICAL SUPPLIES SDN BHD



### Penang 槟城 (Mainland & Island)

1. CHONG PHARMACY SDN BHD
2. D'LIGHT PHARMACY SDN BHD
3. MEDIC CARE PHARMACY



### Sarawak 砂劳越

1. HOMETOWN PHARMACY
2. KINGSTOWN PHARMACY
3. MANA PHARMACY SDN BHD
4. NIAH PHARMACY
5. OLIVE PHARMACY
6. ONE PHARMACY
7. Q10 PHARMACY
8. UNICARE RX SDN BHD



### Seremban 芙蓉

1. FARMASI RJ SDN BHD
2. SEREMBAN PREMIER PHARMACY SDN. BHD.



### Pahang 彭亨

1. COMPLETE WELLNESS PHARMACY SDN BHD

### Sabah 沙巴

1. TABANAK PHARMACY SDN BHD

# Let's say NO to SUGAR

向糖说不

NO ADDED SUGAR

无添加糖

NO ADDED FRUCTOSE

无添加果糖

NO ADDED SUCROSE

无添加蔗糖

NO ISOMALTULOSE

不含异麦芽酮糖

GLUTEN FREE

不含麸质

LACTOSE FREE

不含乳糖

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Find out more about NONOSUGAR

Customer Care:

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