

# NUTRITION29

Good health leads to winning

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# Brand Overview

An overview of the alignment of values and principles that create a framework

which reflects the purpose and mission of the **NUTRITION29** brand.

Nutrition29 is a new brand, from one of Australia's oldest natural health companies. The owners of Nutrition29 have been supplying Australians with natural health products since 1929 from our TGA licensed manufacturing facility. Since 1929 hence Nutrition29 to celebrate our origins and long term commitment to health and wellbeing

# Brand Overview

An overview of the alignment of values and principles that create a framework

which reflects the purpose and mission of the **NUTRITION29** brand.

## Mission

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At **NUTRITION29**, the health of you and your family is our top priority. We strive to create high-quality products which can assist you on your health and wellbeing journey.

## Sustainability

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Beyond our commitment to your health, we're dedicated to the health of our planet. Our sustainability initiatives include responsible sourcing, minimizing waste, and contributing positively to the communities we serve. This means aligning with a brand that values both your well-being and the environment.

# 1. Brand Overview

## Values

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### **Honesty**

We are committed to providing high quality supplements that you can trust and understand that brand transparency is crucial.

### **Integrity**

Integrity is the guiding principle that drives everything we do. We believe that true health and wellbeing goes hand in hand with ethical practices and an unwavering commitment to creating the very best products and outcomes for our customers.

### **Quality**

We never compromise on quality from selecting high-quality ingredients through to manufacturing the finished products. Quality is the cornerstone of our commitment to your wellbeing.

## 2. About Products

Cover the most common health conditions in adults

All of the Nutrition29 products are formulated based on the latest scientific evidence

That's why Nutrition29 products offer consumers more. Typically Nutrition29 products contain either :

- Higher doses of ingredients than our competitors – sometimes twice as much or 10 times as much
- More daily doses per pack for the same price – sometimes twice as many
- More and better ingredients than our competitors



# NUTRITION29



## 3. Product Range

## At-Home Checklist

# Liver Health



01.

Jaundice - When your skin and eyes turn yellow, it's your liver calling for support.

02.

Urine and stool changes - Your liver communicates through them to signal its health.

03.

Constant fatigue - If you're feeling persistently tired, your liver may need a hand.

04.

Dark patches on your skin - A potential signal that your liver needs attention.

## 4. Introducing product



## Nutrition29 Liver Health 60 /200 Caps

Nutrition29 Liver Health 60 /200 Caps contains a high concentration of liver-protective ingredients to support healthy liver function, especially for people who work late, do not get enough sleep, socialise, eat irregularly, have a heavy salty and sweet taste, and do not exercise much, which may lead to skin blemishes, acne, dry mouth, fatigue, or bowel problems.



### Active Ingredients Per

Milk thistle ( <i>Silybum marianum</i> ) extract	300 mg
From dry fruit minimum	21 g
Contains Silymarin (calc. as Silybin)	240 mg
Turmeric ( <i>Curcuma longa</i> ) extract	75 mg
From dry rhizome minimum	1.5 g
Contains Curcuminoids	48.75 mg
Globe artichoke ( <i>Cynara scolymus</i> ) extract	20 mg
From dry leaf	1 g



Sustainably sourced



Research backed



Sourced worldwide



Premium quality

### Warning

If symptoms persist, discuss with your health professional.  
Do not use if breastfeeding or pregnant or likely to become pregnant.  
Contains sulfites.



### Product Features

- ✓ Highly concentrated extract
- ✓ Small Capsules
- ✓ 3-Herbal Gold Formula
- ✓ One capsule a day



### Key Benefits

- Antioxidant, reduces free radicals formed in the body
- Helps reduce free radical damage to body cells
- Maintain general health and wellbeing
- Maintain healthy liver function
- Support liver health



### Dosage

Adults take 1 capsule daily with water after food, or as directed by your healthcare professional.

# Nutrition29 Liver Health 60 /200 Caps

## The role of the liver health

In the human body, the liver plays an important role not only in detoxification, but also has a crucial influence on other metabolic processes. It is an important organ for the health of the body and has a great impact on the health of the organism. In many ways, the liver contributes to the digestive system and helps in the metabolism of fats, proteins and carbohydrates, the regulation of blood sugar and the metabolism and detoxification of hormones, chemicals, drugs, alcohol, and other toxins:

- The bile secreted by the liver and stored in the gallbladder helps in the breakdown of dietary fats consumed during the digestion process.
- Storage and release of the right amount of glucose according to the body's energy needs.
- Breaks down, balances, and produces the necessary nutrients to maintain optimal health.
- Helps the immune system.

## Ingredients for liver health



Milk thistle (*Silybum marianum*)

supports healthy liver function and is an antioxidant, reducing the formation of free radicals in the body.



Turmeric (*Curcuma longa*)

Supports liver health and is an antioxidant that reduces the formation of free radicals in the body.



Globe artichoke

Promotes bile secretion, aids cholesterol metabolism and fat digestion, and helps detoxify the liver.

Silybum thistle, sometimes called milk thistle, has a long history of use, going back to ancient times. The name "water thistle" comes from the plant's characteristic prickly leaves, which have white veins and ooze a milky white juice when crushed. The active ingredient in Milk thistle is silymarin, which is usually derived from the fruit of the plant. Silymarin is an important substance that is hepatoprotective and provides support for a healthy liver.

When there is an imbalance between antioxidants and free radicals, oxidative stress occurs and molecules are formed that can damage healthy cells, including liver cells. Turmeric can act as an antioxidant to protect the body's cells from increased oxidative stress.

Globe artichoke is a genus of artichoke in the family Asteraceae, native to the Mediterranean coast and rich in nutrients. The main components of artichoke are articholic acid and caffequinic acid, which can help detoxify the liver and promote bile secretion, help cholesterol metabolism and fat digestion, avoid fatty liver, and improve digestive tract symptoms.

## Suitable Group:

- Stay up late on a regular basis
- People who spend a lot of time socialising
- Daily maintenance of liver health
- Those who eat a greasy and irregular diet
- Smokers



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## Nutrition29 Liver Health Plus 60 Caps

Nutrition29 Liver Health Plus 60 Caps are an upgrade to the Liver Health formula, with the addition of choline and inositol to aid fat metabolism in the liver and prevent fatty liver disease, suitable for people with existing liver conditions, heavy sleep deprivation, heavy overnight work, and those with existing liver conditions. A unique blend of herbs and nutrients formula to help restore mental health and protect the liver.



### Active Ingredients Per

Milk Thistle ( <i>Silybum marianum</i> ) extract	300 mg
From dry fruit minimum	21 mg
Contains Silymarin	240 mg
Turmeric ( <i>Curcuma long</i> ) extract	75 mg
From dry rhizome minimum	1.5 g
Globe Artichoke ( <i>Cynara scolymus</i> ) extract	20 mg
From dry leaf	1 g
Liquorice ( <i>Glycyrrhiza glabra</i> ) extract	10 mg
from dry rhizome	1 g
Choline	50 mg
Inositol	10 mg

### Product Features

- ✓ 6 active ingredients - Unique herbal and nutrient formula
- ✓ Highly concentrated extract of active ingredients
- ✓ Small capsules for easy swallowing
- Concentrated essence for easy absorption by the body

### Warnings

If symptoms persist, talk to your health professional.  
Do not use if breastfeeding or pregnant or likely to become pregnant.  
This product contains sulfite and tartrazine.

### Key Benefits

- . Antioxidant/Reduce free radicals formed in the body
- . Maintain/support natural liver cleansing/detoxification processes
- . Maintain/support general health and wellbeing
- . Anti-inflammatory/relieve inflammation
- . Traditionally used in Western herbal medicine to decrease/reduce/relieve mild joint pain/soreness
- . Traditionally used in Western herbal medicine to decrease/reduce/relieve flatulence/carminative
- . Traditionally used in Western herbal medicine to maintain/ support healthy digestion
- . Traditionally used in Western herbal medicine to decrease/reduce/relieve abdominal bloating/distention
- . Traditionally used in Western herbal medicine to decrease/reduce/relieve symptoms of indigestion/dyspepsia
- . Traditionally used in Western herbal medicine to relieve digestive discomfort
- . Hepatoprotectant/protect the liver
- . Helps maintain/support bile secretion/flow
- . Maintain/support healthy liver function
- . Maintain/support liver health

### Dosage

Adults. Take 1 capsule twice daily with a meal, or as directed by your healthcare professional.

# Nutrition29 Liver Health Plus

## The role of the liver

In the human body, the liver plays a vital role in detoxification and many other processes. It is an important organ with a wide range of health effects. The main role of the liver includes:

- Production of bile – stored in the gallbladder to help breakdown fats in food during digestion
- Glucose homeostasis - converts glucose into glycogen for storage and produces glucose as when needed
- Blood filtration - removes toxins, by-products, and other harmful substances, including drugs and alcohol
- Vitamin and mineral storage - including fat-soluble vitamins such as vitamins A, D, E and K, as well as B12, iron and copper

## Ingredients to promote liver health



Milk thistle (*Silybum marianum*)

Maintains healthy liver health and function and supports the natural liver detoxification process.

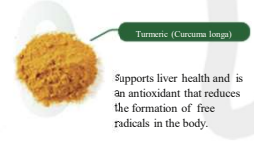
Milk thistle, sometimes referred to as St. Mary's thistle, has a long history of traditional use, dating back to ancient times. It is also an antioxidant and helps to reduce the formation of free radicals in the body. The main active ingredient in milk thistle is silymarin, a flavonoid ligan usually extracted from plant's seeds and has a hepatoprotective (liver-protective) effect, providing support for healthy liver function. Many of the health effects of milk thistle are attributed to its antioxidant properties.

Liquorice (*Glycyrrhiza glabra*)

- Blocks the production of oxidative reactions in the body and accelerates the metabolism of lipid peroxide in the body.

The anti-inflammatory effects of Glycyrrhiza glabra can significantly reduce total cholesterol and triglyceride levels in the liver as well as serum liver enzyme levels.

Glycyrrhizin, one of the main active ingredients of Glycyrrhiza glabra, inhibits liver granuloma formation and the production of inflammatory cytokines. Glycyrrhizin is clinically relevant for the possible treatment of chronic hepatitis C, significantly reducing serum transaminases and improving liver histology.



Turmeric (*Curcuma longa*)

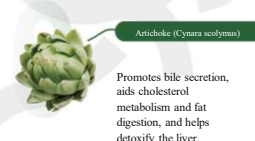
Supports liver health and is an antioxidant that reduces the formation of free radicals in the body.

Oxidative stress occurs when there is an imbalance between antioxidants and free radicals, which are molecules that damage healthy cells, including liver cells. As an antioxidant, turmeric can protect the body's cells from increased oxidative stress. Turmeric has also been traditionally used in Western herbal medicine to support a healthy digestive system, relieving digestive discomfort and alleviating symptoms of bloating and indigestion.

Choline

- Promotes fat metabolism

Choline intake affects the methylation of DNA and histones, thereby altering the epigenetic regulation of gene expression. The liver is the primary organ where methylation reactions occur and many liver genes involved in the development of fatty liver, liver fibrosis and liver cancer pathways are epigenetically regulated. Fatty liver is one of the earliest adverse events when humans consume a diet low in choline, and in some individuals, severe liver damage can occur.



Artichoke (*Cynara scolymus*)

Promotes bile secretion, aids cholesterol metabolism and fat digestion, and helps detoxify the liver.

Artichoke also known as artichoke and artichoke, is a genus of artichoke in the family Asteraceae, native to the Mediterranean coast and rich in nutrients. The main components of artichoke are articholic acid and caffeoylquinic acid, which can help detoxify the liver and promote bile secretion, help cholesterol metabolism and fat digestion, avoid fatty liver, and improve digestive tract symptoms.

Inositol

- Cholesterol reduction

Supplementation of INS in animal models of fatty liver reduces hepatic triglyceride and cholesterol accumulation and maintains normal ultrastructural liver histopathology.



### Suitable Group:

- Heavy overnight workers
- Frequent social workers
- Smokers
- Sleep deprivation
- Those with a greasy diet

## Nutrition29 Acne Clear 60 Tabs

Nutrition29 Acne Clear 60 Tabs has been developed with 12 fortified ingredients to address skin concerns. Modern unhealthy lifestyle and irregular diet can lead to dullness, freckle, acne and excessive oiliness in the skin and body, this product assist in regulating the skin's oil and moisture levels, soothing acne and skin breakouts, maintaining healthier skin, and supporting healthy stress response in the body and supporting nervous system health.



### Active Ingredients Per

Evening Primrose Oil	25mg
Equiv. Gamma-linolenic acid	2.1mg
Burdock ( <i>Arctiumlappa</i> ) extract	150mg
From dry root	3g
Pomegranate ( <i>Punica granatum</i> ) extract	100mg
From (min)/dry fruit peel	10g
Contains std. Ellagic acid	40mg
Echinacea ( <i>Echinacea purpurea</i> ) extract	33.33mg
From dry whole plant	500mg
Thiamine hydrochloride	11mg
Equiv. Thiamine(Vitamin B1)	8.65 mg
Riboflavin (Vitamin B2)	11 mg
Nicotinamide (Vitamin B3)	11 mg
Calcium pantothenate	22 mg
Equiv. Pantothenic acid(Vitamin B5)	20.15 mg
Pyridoxine hydrochloride	6.08 mg
Equiv. Pyridoxine (Vitamin B6)	5 mg
Mecobalamin	68 micrograms
Zinc citrate dihydrate	31.12 mg
Equiv. Zinc	10 mg
Selenomethionine	75 micrograms
Equiv. Selenium	30 micrograms

### Warning

\*If symptoms persist, talk to your health professional.  
\*This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.  
\*Contains tartrazine.

### Key Benefits

- ✔ Anti-inflammatory and acne-clearing: Controls skin oiliness and relieves follicle blockage.
- ✔ Oil balance: Regulates the secretion of skin oil to maintain a dry facial appearance.
- ✔ Helps relieve stress and maintain energy.

### Product Features

- 12-ingredient fortified formulas
- Highly concentrated burdock root to relieve symptoms of acne in traditional Western herbal medicine
- Zinc, Riboflavin (vitamin B2), Pantothenic acid (vitamin B5), Selenium and Pomegranate extract to support natural liver detoxification processes, skin repair and regeneration in healthy individuals

### Dosage

Adults take 1 tablet , twice daily with water or as directed by your healthcare professional.

## Background information

Approximately 85% of people between the ages of 12 to 24 year experience some degree of acne. Acne vulgaris occurs when the hair follicles and sebaceous glands below the skin's surface become blocked. This blockage leads to inflammation and an overgrowth of the most common bacterium, *Propionibacterium Acnes*. This bacterial overgrowth can occur in the form of blackheads, cysts, whiteheads, or a combination of all three. The severity of acne varies from person to person and can be exacerbated by a combination of factors, some of factors are thought to be:

Skin oil and water imbalance · Unhealthy diet · Poor skin hygiene · High stress level

Once acne lesions begin to heal, they often leave moderate to severe scarring, which can often lead to self-esteem issues. Although acne usually heals in adolescence, many people may suffer from acne for years and not see any improvement until adulthood.

## Ingredients used to relieve acne



Burdock (*Arctium Lappa*)

root is used in traditional western herbal medicine to relieve the symptoms of acne.

Pantothenic acid (vitamin B5)

supports skin repair and regeneration in healthy individuals.

Zinc

supports skin repair and wound healing in healthy individuals.



pomegranate (*Punica granatum*)

acts as an antioxidant and supports general health and wellbeing.

Riboflavin(vitamin B2)

and selenium support the natural liver cleansing and detoxification processes.

## Suitable Group

- Acne-prone skin people.
- Skin oil and water imbalance people.
- Unhealthy diets people.
- High stress levels people.



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## Nutrition 29 Grapeseed Ultra 50,000 60 Caps

Nutrition 29 Grapeseed Ultra 50,000 60 Caps is a highly concentrated grape seed extract derived from 50,000mg of grape seeds. The proanthocyanidins in this extract have been shown to have a greater protective effect against free radicals, prevent the loss of vitamin E, reduce free radical damage to cells and protect the body from oxidative stress. Grapeseed capsules are also contained Vitamin C, a powerful antioxidant. It protects cells from oxidative damage caused by free radicals and reduces the effects of oxidative stress on the body. One capsule of N29 Grape seed per day provides the body with the daily amount needed to sustain capillary and blood vessel health as well as the antioxidant action.



### Active Ingredients Per Capsule

Grape (*Vitis vinifera*) seed extract 416.7 mg

From 50g dry seed

Calcium ascorbate dihydrate 60.9 mg

Equiv. Ascorbic acid (Vitamin C) 50 mg

### Product Features

- High-concentration grape seed extract: Extracted from 50,000 mg of dried grape seeds.
- High anthocyanin content: Each capsule contains 396mg of original anthocyanins, providing stronger free radical scavenging effects.
- Combination of potent antioxidants: Vitamin C
- combined with original anthocyanins, enhancing antioxidant activity and reducing oxidative stress.
- Each capsule contains 50mg of Vitamin C.
- Only one capsule per day.

### Key Benefits

- ✓ Antioxidant and reduce free radicals formed in the body
- ✓ Support collagen formation
- ✓ Maintain blood vessel health
- ✓ Support absorption of dietary Iron
- ✓ Support healthy immune system
- ✓ Helps prevent dietary Vitamin C deficiency
- ✓ Support nervous system health
- ✓ Maintain skin health
- ✓ Support wound healing

### Dosage

Adults take 1 capsule daily with water after a meal, or as directed by your healthcare professional

### Warning

If symptoms persist, talk to your health professional. Vitamins and minerals can only be of assistance if dietary intake is inadequate.

# Nutrition29 Grapeseed Ultra 50,000 Caps

## Benefits of Grapeseed Extract

Grapeseed extract is derived from the seeds of grape (*Vitis Vinifera*). While the medicinal use of grape dates to Ancient Greece, it was not until the discovery of oligomeric proanthocyanidin complexes (OPCs) that the significance of grapeseed extract for health was uncovered. This is the bioactive component of grape seed extract which is responsible for its health benefits.

Proanthocyanidins are a group of naturally occurring bioflavonoids which are of great interest as they have been shown to possess potent antioxidant activity, which may have protective health benefits.

### Antioxidant Activity

Proanthocyanidins from grapeseed extract are highly bioavailable, and have been shown to provide significantly greater protection from free radicals compared to other dietary antioxidants:

The antioxidant power of proanthocyanidins is 20 times greater than that of vitamin E and 50 times greater than that of vitamin C.

Proanthocyanidins from grapeseed extract have been shown to protect against vitamin E loss. When vitamin E is used to neutralise a free radical, it becomes an  $\alpha$ -tocopherol radical and loses its antioxidant activity. Proanthocyanidins from grapeseed extract can then revert these  $\alpha$ -tocopherol radicals to their antioxidant form.

Overall, grape seed extract reduces free radical damage to the cells and protects the body from oxidative stress.

## Common Free Radical Hazards

**Oxidative Damage:** Free radicals can cause oxidative reactions, leading to damage such as lipid oxidation, promoting the development of atherosclerosis and cardiovascular diseases.

**Cellular Injury:** Free radicals can harm cell membranes, nuclei, and organelles, affecting cell structure and function, potentially causing cell death or mutations, increasing cancer risk.

**DNA Damage:** Free radicals can cause DNA damage, including breaks and base damage, increasing the risk of cancer and being linked to aging and neurodegenerative diseases.

**Inflammation:** Free radical-induced oxidative and cellular damage can trigger inflammation. Chronic inflammation is associated with various chronic diseases like arthritis, diabetes, cardiovascular diseases, and tumors.

**Immune Suppression:** Free radicals may impair immune cells, reducing immune system function and making the body more susceptible to infections.

**Accelerated Aging:** Oxidative damage by free radicals is considered a significant factor in biological aging, causing skin aging, wrinkles, and affecting organ function and lifespan.

## Suitable Group:

- Those who wish to support the condition of their skin
- Those who wish to support their antioxidant capacity
- Those who wish to maintain blood vessel health
- Those who wish to prevent free radicals formed in the body



## Nutrition29 Hangover Relief 20 Tabs

Nutrition29 Hangover Relief 20 Tabs is specially developed to help relieve symptoms of occasional hangover with a combined formulation of traditional herbs and vitamin B group.

Pueraria lobata is traditionally used in Chinese medicine to help reduce occurrence of symptoms of headaches associated with occasional hangover. Siberian ginseng maintains mental concentration and supports energy levels. Vitamin B group supports energy production.



### Active Ingredients

Thiamine Hydrochloride	38.1 mg
Equiv. Thiamine (Vitamin B1)	30 mg
Riboflavin (Vitamin B2)	10 mg
Nicotinamide	15 mg
Calcium Pantothenate	10.9 mg
Equiv. Pantothenic acid (Vitamin B5)	10 mg
Pyridoxine Hydrochloride	6.08 mg
Equiv. Pyridoxine (Vitamin B6)	5 mg
Folic acid	125 micrograms
Cyanocobalamin (Vitamin B12)	24 micrograms
Ascorbic Acid (Vitamin C)	50 mg
D-alpha Tocopheryl Acid Succinate	2.5 mg
Equiv. Vitamin E	3.02 IU
Zinc Gluconate	20.9 mg
Equiv. Zinc	3 mg
Kudzu(Pueraria lobata) extract	150 mg
From dry flower	1.5 g
Siberian ginseng(Eleutherococcusenticosus)extract	50 mg
From dry root	1 g
Korean pear(Pyruspyrifolia) extract	250 mg
From dry fruitjuice	2.5 g

### Key Benefits

- Support energy production
- Maintain physical endurance
- Traditionally used in Chinese medicine to help reduce and relieve symptoms of occasional hangovers: irritability and headaches
- Maintain immune system health
- Support absorption of dietary iron
- Assist metabolism of Carbohydrate, Fats and Protein
- Assists the body to cope with environmental stress
- Support mental concentration
- Support cognitive function
- Support nerve conduction
- Helps synthesis of neurotransmitters
- Maintain nervous system health

### Product Features

- ✓ Targeted nutrient & Herbal extract formula
- ✓ B Vitamins plus Ginseng to support energy, vitality & clarity
- ✓ Contains Kudzu to help relieve symptoms of occasional hangovers
- ✓ Innovative formula with Korean Pear
- ✓ Innovative formulas targeting various stages of hangover

### Dosage

Adults take 2 tablets per day as needed with water, before your first drink.

### Warning

If symptoms persist, talk to your health professional. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Do not use if breastfeeding, or pregnant or likely to become pregnant. Do not use if sachet is torn. This supplement should not be taken as a substitute to avoiding or reducing alcohol consumption in order to avoid harmful effects. Contains soya beans.

## Why N29 Hangover Relief tablet to take?

Excessive alcohol consumption is harmful to the body, resulting in a range of symptoms including dehydration, headache, nausea, and fatigue, and can lead to liver damage, cardiovascular issues, gastrointestinal problems, and mental health issues. Furthermore, alcohol consumption has been shown to increase oxidative biomarkers, leading to higher oxidative stress and inflammation. Taking hangover pills while drinking can alleviate and relieve post-alcohol discomfort symptoms, facilitating the body's recovery.

## Why N29 Hangover Relief 20 Tabs?

When consuming alcohol, alcohol is primarily metabolized by the liver through three steps: Firstly, alcohol dehydrogenase (ADH) breaks down alcohol into acetaldehyde. Then, acetaldehyde dehydrogenase (ALDH) converts acetaldehyde into acetic acid, further broken down into water and carbon dioxide, and eliminated from the body. If acetaldehyde and acetic acid are not promptly metabolized, will cause symptoms of hangover. Acetaldehyde can worsen symptoms such as nausea, vomiting, dizziness, headache, facial flushing, and fatigue. Low levels of ALDH can slow down the metabolism of acetaldehyde, prolonging the duration of hangover symptoms. While acetic acid has relatively minor effects on the body, it can contribute to increased respiratory rate and anxiety.



Kudzu

Kudzu extract, derived from Pueraria lobata flower, is widely used in traditional Chinese medicine for alcohol detoxification and relieving hangover symptoms.

Its active compounds are believed to regulate the activity of ADH and ALDH, promoting alcohol metabolism and accelerating the breakdown and elimination of acetaldehyde in the body. It helps alleviate headaches, irritability, and reduce occasional hangover symptoms.



Siberian Ginseng

Siberian Ginseng a traditional Chinese medicinal herb

enhances liver detoxification and metabolic functions, facilitating the metabolism and elimination of acetaldehyde. It has anti-fatigue effects and can alleviate fatigue and lethargy caused by alcohol consumption.



Korean Pear

Korean Pear helps protect the gastric mucosa

reduce irritation caused by alcohol to the gastric mucosa, and alleviate gastric discomfort. It stimulates the activity of ADH and ALDH, thereby reducing the alcohol content in the blood. It enhances memory and light sensitivity, improves concentration, and reduces symptoms of inattention.

### Vitamin B group

- Provides energy, helps neurotransmitter synthesis, and promotes metabolism and the B group vitamins provide nutritional support to maintain normal nervous system function. They can help alleviate neurological symptoms such as anxiety, restlessness, and nervous exhaustion during hangovers.

### Vitamin C, Vitamin E, and Zinc

- Vitamin C, Zinc, and Vitamin E are powerful antioxidants, neutralizing free radicals generated during the hangover process and reducing oxidative stress on the body. Vitamin C, zinc, and Vitamin E enhance immune system function, improving the body's resistance and mitigating the symptoms during the hangovers, including symptoms like mild to severe vomiting.

People who experience the following symptoms after drinking alcohol:

- Facial flushing
- Tiredness & weakness
- Nausea & vomiting
- Headache & dizziness

## Suitable Group:



## Nutrition29 Ultra Oyster Plus Zinc 60 Caps

Nutrition29 Ultra Oyster Plus Zinc 60 Caps is a nutritional supplement based on Oysters from New Zealand. We further added trace elements Zinc, Selenium, and Vitamin E. These active ingredients help maintain healthy levels of reproductive hormones, support sperm production in healthy males, support sperm motility in healthy males, and maintain the health of the reproductive system. Additionally, its unique antioxidant capability effectively protects cells from free radical damage, thereby contributing to general health and wellbeing.



Active Ingredients Per Tablet	
Oyster shell	360 mg
Zinc gluconate	57.43 mg
Equiv. Zinc	7.5 mg
Sodium selenite	110 micrograms
Equiv. Selenium	50.2 micrograms
d-alpha-tocopheryl acid succinate	6.2 mg
Equiv. Vitamin E	7.5 IU

- ### Key Benefits
- ✔ Support reproductive system health in healthy males
  - ✔ Support healthy reproductive hormones
  - ✔ Support sperm health in healthy males
  - ✔ Antioxidant and reduce free radicals formed in the body
  - ✔ Support sperm production in healthy males
  - ✔ Support testosterone level
  - ✔ Support cognitive function/mental function
  - ✔ Support general health and wellbeing
  - ✔ Support sperm motility in healthy males

### Product Features

- Oyster from New Zealand.
- Contains Vitamin E: an antioxidant that protects cells from free radical damage.
- Selenium and Zinc support sperm production and motility in healthy males.

### Dosage

Adults take 2 capsules once daily with water after food, or as directed by your healthcare professional.

### Warning

- If symptoms persist, talk to your health professional.
- This product contains Selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of Selenium from dietary supplements should not be exceeded.
- Vitamin and/or mineral supplements should not replace a balanced diet.
- Contains mollusc.

## Why take Oyster?

Many people have unhealthy lifestyles and dietary habits, leading to issues such as imbalanced nutrition, lipid peroxidation, and free radicals increasing in the body. These problems can manifest as weakened physical functions, mental fatigue, and sperm damage. Oyster shells, a traditional Chinese medicinal material, can support the productive system health of healthy males.

## Why choose N29 Ultra Oyster Plus Zinc 60 Caps?

Each N29 Ultra Oyster Plus Zinc capsule contains not only Oyster shell powder and flesh, but also elements Zinc, Selenium, and Vitamin E, which contribute to the maintenance and support of male health from multiple aspects.

### • Oysters - Contains minerals and multiple elements

This product contains both oystershelland flesh. The oyster shell contains minerals, polysaccharides, protein, and multiple elements. In addition, also contains Oyster flesh, with abundant multi-elements such as Zinc and Arginine. Arginine is an essential component in sperm production and is crucial for the normal functioning of the male reproductive system. It plays a crucial role in the formation, maturation, and activation of sperm, helping to maintain both the quantity and quality of sperm.

### • Zinc - Directly involved in sperm production, maturation, and activation

Zinc is one of the essential trace elements in the body, playing a crucial role in gonadal function and reproductive health. Zinc can regulate enzyme activity in Leydig cells, promoting their growth and differentiation.

Leydig cells are crucial in the synthesis and secretion of male hormones. Additionally, Zinc is involved in regulating the metabolism of male hormones, thereby influencing sperm production and maturation.

### • Selenium - Supports testosterone level, participates in sperm production and maturation

Selenium is an essential trace element for mammals, and the body cannot synthesize Selenium on its own but relies on dietary intake. In the human body, 25%-40% of selenium is in the reproductive system. Selenium exerts anti-inflammatory and antioxidant effects through the synthesis of Selenium proteins, maintaining a balanced microenvironment for male spermatogenesis. Selenium is essential for testosterone synthesis which plays an important role in promoting spermatogenesis and prostate growth.

### • Vitamin E - Antioxidant

Vitamin E is an antioxidant. Research shows that the accumulation of excess reactive oxygen species in the body may change the structure and function of sperm and reproductive cells. As one of the most important antioxidants in the body, Vitamin E effectively neutralizes free radicals, reduces the production of reactive oxygen species, and protects cells from free radical damage.

## Suitable Group:

- Individuals who want a healthier reproductive system
- Individuals who need the support of healthy reproductive hormone secretion
- Individuals who need supplements for energy and vitality Vitality decreasing due to working late and overtime
- Low spirits, tiredness, and fatigue
- Daily supplementation of Zinc and Selenium



## Nutrition29 Ultra Ginkgo 60 Caps

Nutrition29 Ultra Ginkgo 60 Caps is a specially developed product for cognition supporting, with Ginkgo as the main active ingredients, combining Withania somnifera and Vitamin B group. This product helps to support mental concentration, attention, and memory recall, and contributes to maintaining cognitive health. It can also assist with blood circulation, nervous system health and general health and wellbeing.



### Active Ingredients Per

<i>Ginkgobiloba</i> extract	120 mg
From dry leaf	6g
Contains std. ginkgo flavonglycosides	28.8 mg
Contains std. ginkgolides and bilobalide	7.2 mg
Ashwagandha ( <i>Withania somnifera</i> ) extract	26.79 mg
From dry whole plant	1.04 g
Calcium pantothenate	70 mg
Equiv. pantothenic acid (Vitamin B5)	64.1 mg
Pyridoxine hydrochloride	10.9 mg
Equiv. pyridoxine (Vitamin B6)	9 mg
Cyanocobalamin (Vitamin B12)	25 micrograms

### Key Benefits

- ✔ Support blood circulation to the peripheral areas of the body (legs, hands and feet)
- ✔ Support mental concentration
- ✔ Support cognitive function
- ✔ Support memory recall
- ✔ Maintain nervous system health and function
- ✔ Support energy production

### Product Features

- Standardised Ginkgo Biloba extract, from 6 g Ginkgo leaf
- Rich in ginkgo flavonglycosides, ginkgolides and bilobalide
- Rich in Vitamin B group: Vitamin B5, B6, B12
- Shoden™ clinically trialed extract of Ashwagandha (Withania Somnifera)
- One a day dose

### Dosage

Adults: Take 1 capsule daily with water, or as directed by your healthcare professional.

### Warning

- If you are pregnant, or considering becoming pregnant, do not take without consulting a health professional.
- If symptoms persist, talk to your health professional.
- Vitamin and/or mineral supplements should not replace a balanced diet.
- Contains sulfites.

## Factors affecting cognitive function

The human brain is one of the most important organs in the body as it communicates with many of our body systems, specifically the nervous system. Optimal brain health is integral in ensuring we can perform all mental processes, including storing and retrieving information, attention, cognitive function and memory. There are many factors that can have an impact on cognitive function, such as age related, diet and lifestyle.

## Ingredients for Cognition Support

### · Ginkgo Biloba (Ginkgo)

Ginkgo supports cognitive function, memory recall, and mental concentration through its flavonoids and terpenoids. These compounds act as antioxidants, shielding brain cells from oxidative stress and enhancing blood flow. This support brain cells receive ample oxygen and nutrients. Ginkgo flavonoglycosides, a subgroup of flavonoids, support brain cells by reducing oxidative stress, maintain cognitive function and memory. Ginkgolides and Bilobalide, terpenoid compounds in Ginkgo biloba, support blood circulation, protect nerve cells, and maintain mental concentration.

### · Vitamin B group

Vitamin B5 plays a key role in energy production by aiding in the synthesis of coenzyme A (CoA). Vitamin B6 supports the nervous system by facilitating neurotransmitter synthesis, crucial for mood and stress regulation. Vitamin B12 maintains nerve health by preserving the myelin sheath. Together, B6 and B12 contribute to energy production by assisting in the breakdown of carbohydrates, fats, and proteins, supporting overall nervous system health and vitality.

### · Withania Somnifera (Ashwagandha)

Shoden® is an innovative, high potency extract from Ashwagandha, with 35% Withanolide Glycosides. Withania Somnifera can support the body's ability to recover from stress while creating an overall feeling of balance and normalization.

## Suitable Group:

- Individuals seeking cognitive function support
- Individuals aiming to support memory recall
- Individuals focusing on mental concentration support
- Individuals with reduced circulation and blood flow
- Elderly individuals seeking cognitive or mental support



## Nutrition29 Lung Health 60 Caps

Nutrition 29 Lung Health 60 Caps is specially developed for respiratory health with five selected anti-inflammatory ingredients designed to reduce respiratory discomfort, assist in supporting immune system health, and support lung health. It is especially suitable for smokers, and people with respiratory problem.



### Active Ingredients Per

Quercetin	250 mg
Pineapple Protease (Bromelain)	25 mg
Equiv. Enzyme	30 GDU
Echinacea (Echinacea Purpurea) extract	25 mg
From fresh Echinacea purpurea	150 mg
Citrus Bioflavonoids	20 mg
Equiv. Bioflavonoids	7 mg
Rutin	10 mg
Zinc Oxide	9 mg
Equiv. Zinc	7 mg

### Key Benefits

- ☑ Support respiratory health
- ☑ Relieves respiratory discomfort symptoms

### Product Features

- Contains five anti-inflammatory ingredients
- Aids in supporting immune system health

### Dosage

Adults take 1-2 capsules daily with food, or as directed by your healthcare professional.

### Warning

• This product is a dietary supplement and should not be used as a substitute for medication.

• If symptoms persist, discuss with your health professional.

## Nutrition29 Lung Health 60 Caps

### Background information

Our respiratory health is largely affected by the environment, such as a dusty, heavy fume work environment; and a hazy, sandy living environment. In addition, long-term smoking can also seriously affect respiratory health. With increasing age, the gradually deteriorating body functions can lead to a decline in immunity, which is also an important factor affecting respiratory health. Thus, it can be seen that various factors in life affect the respiratory system's health. Therefore, it is time to protect the respiratory system.

#### • Quercetin - Anti-inflammatory

Quercetin is a flavonoid compound found in various plants. Quercetin has significant anti-inflammatory, antioxidant, and immune system-supporting properties that reduce airway inflammation and oxidative stress and improve lung function. In addition, quercetin has good expectorant and cough-suppressant effects.

#### • Pineapple Protease - Anti-inflammatory, relieves respiratory symptoms

Bromelain is a natural protease derived from the stem and rind of the pineapple. Pineapple protease has various effects in terms of anti-inflammatory, antioxidant, and anti-free radicals. Bromelain can promote the opening of the airways which may help to reduce inflammation and phlegm production and relieve symptoms such as coughing. In addition, bromelain can support the health of the immune system and improve the body's resistance to the environment.

#### • Echinacea (*Echinacea purpurea*) extract - Anti-inflammatory, maintains immunity health

Echinacea (*Echinacea purpurea*) extract contains a variety of active ingredients that has anti-inflammatory and immune-enhancing effects, and it is a plant extract traditionally used in Western herbal medicine to help reduce the occurrence of common colds. Current evidence suggests that Echinacea supplementation may help to decrease the duration and severity of acute respiratory tract infections.

#### • Citrus bioflavonoids - Anti-inflammatory

Citrus bioflavonoids are naturally occurring active substances widely found in citrus fruits. It exerts significant anti-inflammatory effects through several pathways including inhibition of inflammatory cell activation, modulation of inflammatory mediator expression, and reduction of oxidative stress levels.

#### • Rutin - Anti-inflammatory

Rutin is a naturally occurring flavonoid that is widely found in fruits, vegetables and herbs. Rutin can exert its anti-inflammatory effects through various pathways such as inhibiting the activation of inflammatory cells, suppressing the production of inflammatory mediators, reducing oxidative stress, and improving endothelial cell function. In addition, Rutin can regulate the function of immune cells and promote the balance of the immune system.

#### • Zinc - Immune Enhancement

Studies have shown that Zinc deficiency may lead to impaired immune function in the lungs and increase the risk of infection. It has been shown that in animal models of acute lung injury, Zinc can reduce the inflammatory response, improve lung function and accelerate the repair of lung tissues. In addition, studies have also found that Zinc supplementation can alleviate symptoms and reduce the airway inflammatory response.

### Suitable group

- Smokers
- Working in polluting environment
- Living in polluting environment
- People with cough and respiratory discomfort





## Nutrition29 Vitamin C 500mg Sugarless 120 Tabs

In the post-pandemic era, there is growing concern about boosting our immune system and improving general health. It is well known that menting with Vitamin Coffers numerous benefits, such as promoting system health and providing antioxidant support. Therefore, we have developed this product specifically to address these needs. Each tablet contains 500 mg of Vitamin C, with a natural orange flavor, sugarless, and designed chewable for a pleasant consumption experience.



### Active Ingredients Per Tablet

Vitamin C	500mg
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### Product Features

- Contains 500mg Vitamin C per tablet
- Sugarless
- Natural orange flavour

### Dosage

For immune health support and general wellbeing:

Adults: Chew 1-2 tablets once daily.

For decrease of common cold duration and the severity of common cold symptoms:

Adults: Chew 2 tablets three times daily or as directed by your healthcare professional.

### Warning

- Vitamin and/or mineral supplements should not replace a balanced diet. If symptoms persist, talk to your health professional.
- Not to be used in children under 2 years of age without medical advice.
- Store below 25°C. Do not use if seal is broken or missing.
- Contains sucralose, sodium 30 mg per tablet, and 2.12 g of sorbitol per recommended maximum daily dose. Products containing sorbitol may have a laxative effect or cause diarrhoea.

### Key Benefits

- Support immune system health
- Support skin health
- Support general health and wellbeing
- Support antioxidant, reduce free radicals formed in the body
- Support collagen formation
- Maintain connective tissue health
- Support bone health
- Support nervous system health
- Decrease common cold duration
- Relieve the severity of common cold symptoms

# Nutrition29 Vitamin C 500mg Sugarless

## The current status and influencing factors of immune function.

The demand for good health has significantly increased, due to the impact of the pandemic, coupled with the faster pace of modern life, increased stress, and an imbalanced diet among various factors. The immune system, often referred to as the "steward" of bodily health, serves as a crucial defense against various pathogens. While it plays a vital role in preventing diseases and maintaining overall well-being, external factors can also disrupt the balance of the immune system. As a result, the health of the immune system has naturally become a focal point of people's attention.

## Why Nutrition29 Vitamin C 500mg Sugarless 120 Tablets?

Research shows that Vitamin C has various benefits, like supporting immune system health, antioxidant, collagen formation, and promoting iron absorption. Each Nutrition29 Vitamin C 500mg Sugarless provides supplement the body's needs with 500 mg Vitamin C.

### Support immune system function

Vitamin C enhance the chemotaxis and deformability of neutrophils, increase bactericidal ability, promote lymphocyte production, enhance the body's recognition and elimination of foreign antigens, participate in the formation of immunoglobulins, promote interferon production, and inhibit virus proliferation.

### Participating in collagen formation

Vitamin C is one of the essential cofactors for maintaining the activity of hydroxylases. Residues like proline and lysine in collagen must first be hydroxylated to form hydroxyproline and hydroxylysine residues under the action of hydroxylases. These residues form important cross-links in the three-dimensional structure of collagen, providing stability to its spatial structure. Therefore, Vitamin C deficiency can affect collagen formation, leading to rough skin and loss of elasticity due to reduced collagen. Moreover, during collagen formation, Vitamin C helps protect new collagen formation from oxidative damage, maintaining its structural integrity and stability.

### Antioxidant properties

Vitamin C is a strong antioxidant that can interrupt lipid peroxidation, inhibit the generation of lipid peroxidation free radicals, and prevent damage caused by free radicals to the body. Additionally, Vitamin C can also regenerate alpha-tocopherol, converting it back to its active form, working synergistically with Vitamin E to clear free radicals in the body.

### Promoting iron absorption

Vitamin C, a strong reducing agent, can convert poorly absorbable trivalent iron into easily absorbable divalent iron or form complexes with iron, thereby promoting iron absorption in the intestines. Furthermore, Vitamin C can also promote its absorption, by reducing folic acid to levomefolic acid, its biologically active form.

### Suitable for

- Individuals with weakened immunity
- Individuals who need to boost collagen formation
- Individuals lack fresh fruit and vegetable intake
- Individuals who need to boost iron absorption
- Individuals with high antioxidant needs



## Nutrition29 Sleep Well 60 Tabs

In the presentera, an increasing number of individuals are experiencing sleep-related issues. To assist people in improving their sleep quality, Nutrition29 Sleep Well 60 Tabs was developed for this purpose. It contains Melatonin and GABA (Gamma-aminobutyric acid), complemented by L-theanine, three botanical extracts, and Vitamin B group and Vitamin C. Nutrition 29 Sleep Well 60 Tabs assists with healthy circadian rhythms and eases jet lag. It also helps relieve anxiety and supports a relaxed state of mind.



### Active Ingredients Per Serve

Melatonin	3 mg
Gamma-aminobutyric acid (GABA)	100 mg
L-Theanine	50 mg
Chamomile flower extract	17 mg
Passionflower flowering herb extract	17 mg
Lemon balm leaf extract	16 mg
Ascorbic acid (Vitamin C)	12 mg
Thiamine (Vitamin B1)	1.4 mg
Nicotinamide (Vitamin B3)	15 mg
Pyridoxine (Vitamin B6)	1.4 mg
Cyanocobalamin (Vitamin B12)	2.43 micrograms

### Dosage

Adults take 2 tablets daily with water before bed, or as directed by your healthcare professional.

### Warning

- Do not exceed the recommended daily dose. Keep out of reach of children. Consult a healthcare professional prior to taking if you are pregnant, breastfeeding or on any medication.
- For occasional use only. Do not take when driving, operating machinery, engaging in any activity which requires mental alertness, or consuming alcohol. Please consider not taking caffeine containing drinks with the product.
- Keep in a cool, dry place below 25°C. Do not use if seal is broken or missing.

### Key Benefits

- Helps fall Assists in asleep faster
- Assists in improving sleep quality
- Assists in regulating circadian rhythm
- Assists in relieving anxiety
- Supports nervous system health

### Product Features

- ✓ Melatonin: assists in healthy circadian rhythm, helps to fall asleep faster, and improves sleep quality
- ✓ GABA: helps anti-anxiety effects, helping to fall asleep
- ✓ Contains L-theanine and herbal extracts: assist in calming and smoothing, improve sleep quality
- ✓ Contains Vitamin B group: helps maintain nervous system health

## Nutrition 29 Sleep Well 60 Tabs

### Current Status and Influencing Factors of Sleep Disorders

As the pace of modern life accelerates, more and more people are facing issues such as excessive stress, frequent stay up late, and disrupted circadian rhythms. These problems can easily lead to the occurrence of sleep disorders, characterized by difficulties falling asleep at night, poor sleep quality, early awakenings, and disrupted circadian rhythms. Sleep disorders not only result in fatigue, anxiety, and irritability but also increase the risk of various illnesses, which could significantly impact one's learning, work, and daily life.

### Why Nutrition29 Sleep Well 60 's Tab

Each Nutrition29 Sleep Well tablet contains melatonin and GABA, which have calming and relieve anxiety properties, and help improve sleep quality. It is further supplemented with L-theanine and various plant extracts that have calming, nerve-regulating, and sleep-inducing effects, all aimed at improving symptoms of sleep disorders. In addition, various B vitamins have been added to support a healthy nervous system and maintain mood.

#### Melatonin - Promotes healthy sleep, improves sleep quality, shortens sleep latency, and reduces fatigue

Melatonin is an amine hormone produced by the pineal gland. It not only shortens the time to fall asleep and reduces the number of awakenings during sleep but also prolongs the duration of the sleep time. It can also relieve stress and improve mood, making achieving a more ideal sleep quality possible. Factors such as exposure to light and age play important roles in melatonin production. It can easily lead to insomnia with insufficient melatonin production. In such cases, supplementing melatonin appropriately can help improve sleep quality.

#### Gamma-Aminobutyric Acid (GABA) - Relieves anxiety effect, shortens the time to fall asleep

GABA is an inhibitory neurotransmitter in the brain that significantly reduces the excitability of nerve cells, allowing overactive brain cells to rest. With increasing age and prolonged exposure to high-stress environments, GABA levels in the body can easily become deficient, thus timely supplementation is needed to relieve stress and improve sleep quality.

#### L-Theanine - Supports nervous system health, improving sleep quality.

L-Theanine is a unique non-protein amino acid found in tea leaves, with effects such as improving sleep and protecting nerves. Structurally, L-Theanine is similar to the excitatory neurotransmitter glutamate in the brain. It can exert its relaxing effects by increasing GABA levels, leading to increased expression of dopamine and serotonin in the brain, thereby improving sleep quality.

#### Chamomile Extract - Relieves anxiety and aids in falling asleep.

Chamomile is an annual or perennial herbaceous plant belonging to the Asteraceae family, Matricaria genus. The entire plant is fragrant and contains volatile aromatic oils, making it a highly valuable aromatic plant. Chamomile extract is often used for its calming effects on the nerves, relieving anxiety, and addressing insomnia and other sleep-related issues.

#### Passionflower Extract - Soothing and calming properties, aiding in falling asleep.

Passionflower is a plant whose entire herbaceous parts grow in tropical and subtropical regions and is known for its aromatic fruit, passionfruit. It primarily contains active compounds like flavonoids. In Western herbal medicine, it is used as a gentle nerve soothing and anti-anxiety agent to relieve symptoms of anxiety and insomnia.

#### Lemon Balm Extract - Soothing and calming properties, improving sleep.

Lemon balm is a plant belonging to the Lamiaceae family, native to the regions along the southern coast of Europe and the Mediterranean. It primarily contains active ingredients such as polyphenols, citral, flavonoids, and has effects such as relieving anxiety, increasing GABA levels in the brain, and improving symptoms of sleep disorders.

#### Vitamin C - Involved in the synthesis of neurotransmitters

Vitamin C also plays an important role in the synthesis of the neurotransmitter norepinephrine. Neurotransmitters are critical to brain function and are known to affect mood.

#### Vitamin B group - Supports nervous system health

Vitamin B group play multiple roles in supporting nerve health and sleep. Vitamin B1 is involved in neurotransmitter synthesis, such as GABA, which helps regulate neural function and relieve anxiety. Vitamin B3 plays an important role in maintaining the nervous system health; a deficiency in vitamin B3 may lead to unstable emotions and insomnia. Vitamin B6 is involved in the synthesis of serotonin (5-HTP), which in turn supports GABA production, and relieving anxiety. Vitamin B12 is vital for maintaining neural system health and aids in regulating sleep rhythms, thereby improving insomnia.

### Suitable Group

- Individuals who have difficulty falling asleep
- Individuals with sleep lightly and wake up easily
- Individuals with poor sleep quality
- Individuals with circadian rhythm sleep disorders



## Nutrition29 Vision Health Plus 60 Soft Caps

Nutrition29 Vision Health Plus 60 Soft Caps contain Vitamin A to support eye health and vision, Zinc to help maintain proper vision, Lutein and Zeaxanthin to support healthy eye function and protect eyes from oxidative stress and damage, macular health, anti-blue light and UV protection for office workers, students, and elderly people.



### Active ingredients per capsule

Retinol acetate	458.7 micrograms
Equiv. Vitamin A	400 micrograms RE
Lutein	10 mg
Zinc oxide	3.113 mg
Equiv. Zinc	2.5 mg
Zeaxanthin	2 mg
Bilberry (Vaccinium myrtillus) extract	30 mg
From fresh fruit	3 g

### Product Features

- Four antioxidant ingredients
- High concentration of lutein and zeaxanthin
- High concentration of Bilberry fruit extract
- Highly cost effective for 60 days taking
- Multiple nutrients for eye health

### Warning

- If you are pregnant, or considering becoming pregnant, do not take Vitamin A supplements without consulting your doctor or pharmacist.
- When taken in excess of 3000 micrograms retinol equivalents, Vitamin A can cause birth defects.
- This product contains sulfites and soy products.
- Vitamins and minerals can only be of assistance if dietary intake is inadequate.
- The recommended daily amount of Vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men.

### Key benefits

- ✓ Antioxidant, reduce free radicals formed in the body
- ✓ Support healthy eye function
- ✓ Support eye health
- ✓ Helps maintain eye macula health
- ✓ Helps maintain eye retina health
- ✓ Supports healthy vision
- ✓ Supports general health and wellbeing
- ✓ Supports cardiovascular system health
- ✓ Supports healthy cardiovascular system function

### Dosage

Adults take 1 capsule once daily with water, or as directed by a healthcare professional.

# Nutrition29 Vision Health Plus 60 Soft Caps

## Oxidative Stress and Vision Health

Every day, the eyes are exposed to numerous deteriorating factors, such as sunlight, artificial light, blue light, pollutants, and other environmental toxins. When the eyes are exposed to these stressors, in addition to normal visual processes, reactive oxygen species (ROS), also commonly referred to as free radicals, are formed. The body relies on its internal antioxidant defences to reduce the effects of free radicals and to combat oxidative stress within the eye.

Oxidative stress occurs when there is an imbalance between free radicals and the body's antioxidant defence system's ability to neutralise them. In the body, oxidative stress is associated with increased inflammation and other degenerative processes in the body that lead to aging. Antioxidants in the diet are important in helping the body's ability to reduce the formation of free radicals and reduce oxidative damage to the body's cells.

## Nutrients for healthy vision

Lutein and zeaxanthin - together they make up the macular pigment. The macula is the central area of the retina, where vision is the sharpest. Here, macular pigments enhance visual performance and perform a protective function by filtering high-energy blue light, acting as an optical filter, and protecting photoreceptors from blue light-induced damage. Both lutein and zeaxanthin are potent antioxidants that have been shown to protect the eye from damage caused by oxidative stress.

Vitamin A - It helps maintain the structure and function of retinal cells, ensuring their normal performance in light sensing and signal transmission tasks. Additionally, Vitamin A is crucial for the health of the eye, aiding in the protection of the cornea and conjunctiva, and preventing issues like eye dryness. Furthermore, retinal, an active form of Vitamin A, is an essential component in the synthesis of rhodopsin, a crucial molecule for perceiving light in low-light conditions. However, Vitamin A cannot be synthesized in the body and must be obtained through dietary sources.

Zinc - It is essential for the optimal functioning of the body's antioxidant defense system. Zinc is a component of the retinol-binding protein, which transports Vitamin A in the blood and makes retinol available in sufficient quantities. In the retina, Zinc is also necessary for the conversion of retinol into retinol.

Bilberry - Bilberry is the name of a small European blueberry. The Bilberry fruit in Nutrition29 products is extracted from the fresh berries. Bilberry is rich in antioxidants such as Vitamin C, anthocyanins, and flavonoids, which help to reduce oxidative damage to eye health.

## Suitable group

- People working long times in front of the screen
- Students who spend a lot of time studying
- Elderly people with reduced vision



## Nutrition29 Omega-3 Fish Oil 1000mg 60/90 Soft Caps

Nutrition29 Omega-3 Fish Oil 1000mg Soft Caps are rTG from fish oil with more bioavailability, containing 75% Omega-3 fatty acids, including 400mg of EPA (eicosapentaenoic acid) and 300mg of DHA (docosahexaenoic acid), significantly higher than regular fish oil. Adequate intake of high-concentration fish oil helps promote cell membrane elasticity, maintain cardiovascular function, reduce triglyceride level and support brain and eye health



### Active Ingredients Per Capsule

Vivo Mega™ rTG Fish oil	1000 mg
-Equiv. Omega-3 fatty acids	750 mg
-Equiv. DHA	300 mg
-Equiv. EPA	400 mg

### Key Benefits

- Supports brain and nervous system health
- Supports eye health
- Support joint and cardiovascular system health
- Maintenance blood lipids health

### Warning

- Not suitable for individuals allergic to fish and seafood.
- This product is a dietary supplement and is not a substitute for medication.
- Contains fish products.
- If symptoms persist, discuss with your health professional.
- If you are taking blood-thinning medication, consult your doctor before taking this product.

### Product features

- rTG form of fish oil with high bioavailability
- Contains high concentration of naturally rich Omega-3 fatty acids

### Dosage

Adults take 1 capsule daily with meal, or as directed by your healthcare professional.

## Why do we need to take fish oil?

There are essential fatty acids and non-essential fatty acids, among which, Omega-3 and Omega-6 polyunsaturated fatty acids are essential fatty acids, which are nutrients necessary for maintaining human health and life, but the body cannot synthesize them by itself and must rely on food supply. The dietary structure of people has normally too much Omega-6 polyunsaturated fatty acids, and a study published in Lipid Research Progress in 2016 showed that 95% of people in the world have less than optimal levels of Omega-3 polyunsaturated fatty acids, therefore, we need to improve the intake of Omega-3 polyunsaturated fatty acids.

Fish oil is a kind of oil extracted from fatty fish, and its main components are Omega-3 polyunsaturated fatty acids (EPA and DHA), and with the optimization of production process and improvement of purification technology, the purity of Omega-3 polyunsaturated fatty acids (EPA and DHA) in fish oil is getting higher and higher, and it is an excellent choice for us to supplement Omega-3 fatty acids.

#### • EPA - Clearing Blood Vessels

EPA can reduce platelet adhesion and aggregation, thereby decreasing the risk of blood clot formation. Blood clots may lead to vascular blockages, potentially triggering cardiovascular events. EPA also helps lower triglyceride levels in the blood, reducing the opportunity of lipid deposition within blood vessels, which contributes to maintaining vascular elasticity and patency.

#### • DHA - Brain health

DHA is an indispensable building block for the formation, development, and functioning of brain cells. It is one of the primary fatty acids in neuronal cell membranes. DHA helps maintain the structural integrity and fluidity of these membranes, facilitating the transmission of signals within neural circuits, thus supporting the normal operation of brain cells. Supplementing with DHA is beneficial for students and working professionals who engage in intense mental activities, as it can support memory, focus, and comprehension. In elder adults, DHA supplementation can help to maintain cognitive functions active.

## Why choose N29 fish oil?

Each N29 fish oil capsule contains 1000 mg of fish oil, and the proportion of Omega-3 fatty acids in it is as high as 75%, which is far more than the 30%-40% of Omega-3 fatty acids in general fish oil. In addition, N29 fish oil is a rTG form of fish oil, and the bioavailability of rTG fish oil is around 91%, which is higher than that of EE form fish oil (around 73%), and its nature is stable and consistent with human digestion and absorption pattern.

N29 Fish Oil uses fish oil from Vivo Mega™, a company whose fish oils are certified (e.g., Friend of the Sea, MarinTrust) and which not only meets EU standards but is also 100% traceable. The company has a proud track record of improving purity and antioxidant levels. It is produced using the most advanced distillation technology to obtain ultra-high concentrations of Omega-3 fatty acids. In addition, with the world-class antioxidant parameters and advanced film technology, it can well reduce the fishy taste and bring a better taking experience. Most importantly, it complies with the requirement of IFOS 5-star certification (IFOS is currently the world's authoritative third-party fish oil testing organization, and its 5-star certification is the most stringent international standard in terms of safety, contaminants, heavy metals, oxidative stability, and bio efficacy), and it has excellent performance in all indicators, especially its final oxidation value is 75% lower than the IFOS 5-star standard. Means that this is a safer and more stable product in nature.

As a result, N29 fish oil can achieve:

- Higher bioavailability
- High content of Omega-3 fatty acids
- Reduced fishy taste and better taking experience

### Suitable Group

- People with high blood pressure, high blood lipid or high cholesterol
- People need to support vision health
- People need to maintain healthy blood vessel
- People need to support joint health



## Nutrition29 Gout Ease 6000 60 tabs

Nutrition 29 Gout Ease 60 Tabs is a specially developed product that combines extracts of celery seed and juniper. Celery seed extract has a long-standing tradition in Western herbal medicine and is known for assisting to relieve mild tissue oedema, alleviate symptoms of occasional episodes of gout, and reduce mild joint swelling and mild rheumatic pains.



### 🌿 Active Ingredients Per Tablet

Apium graveolens (Celery) seed extract 480 mg

From dry seed 6 g

Juniperus communis (Juniper) fruit extract 50 mg

From dry fruit 200 mg

### ★ Key Benefits

Traditionally used in western herbal medicine to:

- ✔ Helps eliminate body waste
- ✔ Relieve mild tissue oedema
- ✔ Relieves mild rheumatic pains
- ✔ Reduce symptoms of occasional episodes gout
- ✔ Relieve mild joint inflammation and swelling
- ✔ Relieve mild joint pain
- ✔ Relieves excess intestinal gas and flatulence
- ✔ Soothing nerves
- ✔ Increase urine output

### 🛡️ Product Features

- High-concentration celery seed extract
- Formulated with juniper fruit extract
- Designed with a break bar on one side of the tablet for easy taking

### 💧 Dosage

Adults take 1 tablet daily with water, or as directed by your healthcare professional.

### ⚠️ Warning

- If symptoms persist, worsen or episodes become more frequent talk to your medical practitioner.
- This product is a dietary supplement and should not be used as a substitute for medication.

# Nutrition29 Gout Ease 6000 60 Tabs

## 📌 Gout Causes and Symptoms

Gout occurs when uric acid levels in the body are chronically elevated, leading to the deposition of urate crystals in joints and other tissues, forming gouty tophi. This condition triggers inflammatory reactions in the ankles, knees, and finger joints, resulting in symptoms such as pain, redness, and heat sensation. The production of high uric acid is related to both a diet rich in purine-containing foods and the individual's physiological functions. It is also associated with the inability of the kidneys to effectively eliminate excessive uric acid from the body, leading to elevated levels of uric acid.

## 📌 Active ingredients for gout relief

### Celery (Apium Graveolens)

- Inhibition of uric acid production: Xanthine oxidase (XO) converts dietary and endogenous purines into uric acid. By reducing its activity, uric acid production can be decreased. The compound NBP (3-n-butylphthalide) found in celery seed inhibits the activity of xanthine oxidase, blocking its binding to substrates and thereby reducing uric acid production.
- Promotion of uric acid excretion: Uric acid transporters play a crucial role in renal uric acid excretion. Polyphenolic compounds, such as styrene and coumarins found in celery seed, can promote uric acid excretion by regulating the activity of uric acid transporter 1 (URAT 1) in the kidneys.
- Anti-inflammatory effects: Gout is characterized by inflammation caused by the deposition of uric acid crystals in joints and tissues. The antioxidant and anti-inflammatory components present in celery seed can alleviate joint inflammation, providing relief from pain and swelling associated with joint.

### Juniper (Juniperus Communis)

- Derived from the juniper tree, Juniper has drawn attention in the field of gout-related herbal medicine. Studies have shown that the active compound juniper ketone present in juniper inhibits xanthine oxidase, interfering with the conversion of xanthine to uric acid and helping to lower uric acid levels, thus contributing to the alleviation of gout.
- Furthermore, juniper possesses antioxidant and anti-inflammatory properties, which can help reduce inflammation caused by gout. Other active compounds found in juniper, such as flavonoids, polyphenols, and volatile oils, also play a role in inhibiting xanthine oxidase activity.

## Suitable Group:

- Individuals with high level of uric acid
- Individuals with mild gout pain
- Individuals who want to relieve mild joint swelling caused by high uric acid
- Individuals who want to relieve mild joint pain caused by high uric acid





Hangover Relief



# WHAT'S NEXT NEW PRODUCT?



Men's Multivitamin



Women's Multivitamin



# NUTRITION29

*Thank you*