

QUALITY

LIFE STARTS WITH **QUALITY CARE**

FEATURING: SLEEP WELL & WAKE UP REFRESHED • MEN'S HEALTHY AGING • 3 IN 1 ESSENTIALS

BOOST MOOD & BEAT STRESS WITH MAGNESIUM

If you find yourself irritable, stressed or downright depressed, this critical mineral may help.

Chronic stress—such as pandemic or economic worries—can wreak havoc on our health. Research shows that stress impacts our mood, sleep, energy levels and mental well-being. The good news is that there are plenty of simple lifestyle changes like a healthy diet, regular exercise, and meditation that we can make to help us to manage our stress levels. However, chronic stress can deplete the body of magnesium and low magnesium levels intensify stress — creating a vicious cycle. Deficiency of magnesium can cause fatigue, muscle spasms and cramps which in turn could affect your immune system. Thus, it is important to ensure the body gets the sufficient amount of magnesium.

Magnesium is needed for more than 300 biochemical reactions in the body, **Kordel's Magnesium**

Bisglycinate 200 mg is a more superior form due to its molecular structure of one magnesium bonded with two glycine molecules, leading it to become better absorbed and more gentle on the stomach compared to other forms of magnesium. Each vegetal capsule can be taken once daily, making it a convenient option for anyone to manage stress, improve mood, enhance sleep and keeping our body healthy.

Kordel's Magnesium Bisglycinate 200 mg is suitable for vegetarians.



KORDEL'S
VITAMIN K2 + D3

Kordel's **Vitamin K2 + D3** provides two major vitamins for bone and vascular health: bioactive and highly bioavailable Vitamin D3 and Vitamin K2 (MK-7) from natto beans. Both vitamins act on calcium and guide the mineral toward where it is needed throughout the body.

*Lady,
Be Loved!*

CERAMIDE & SAKURA EXTRACT

SAKURA EXTRACT 150 mg
桜花エキス
• COLLAGEN FORMATION
1 TABLET 90 TABLETS

CERAMIDE
セラミド
• SKIN RENEWAL
1 TABLET 90 TABLETS

To find out more information on Kordel's Magnesium Bisglycinate 200 mg, please visit www.kordels.com.sg



SLEEP WELL & WAKE UP REFRESHED

Do you have trouble falling asleep, staying asleep or waking up in the mornings?

If you are like most city dwellers, the stress of your daily life, an overexposure to technology and a less-than-ideal diet can see you struggle to get a good night sleep. The effects of insufficient sleep however are quite apparent, with even the smallest disruptions to our slumber resulting in loss of concentration, diminished reaction times, inability to fully control our emotions and even physical illness.

Moreover, sleep deprivation is related to increased risk of obesity, diabetes, high blood pressure, heart disease and depression – so it's absolutely essential that you try to get sufficient amount of sleep. But if counting sheep isn't working for you, then you may require a little extra help to get a good night's sleep.

Kordel's Super Sleep Aid is a natural sleep aid to help you fall asleep quickly, sleep soundly through the night, and wake up refreshed. A stronger formula of the two, **Kordel's Super Sleep Aid** is packed with 3 sleeping aids and 4 botanical extracts that possesses calming properties

such as Passionflower, California poppy, Skullcap, and Linden. This non-habit forming, effective formula combines 5 mg of melatonin, the important sleep-regulating hormone naturally produced in our brain, with Suntheanine® L-theanine, the most clinically studied L-theanine to temporarily promote relaxation and L-5-hydroxytryptophan (L-5-HTP) which helps increase melatonin production by sleep time making it a great choice for pre-bedtime supplementation.

Kordel's Sleep Aid Melatonin 5 mg supports the body's natural sleeping cycle. Disruptions of the natural sleep cycles e.g. jetlag and nightshifts can result in difficulties in sleeping. Research consensus shows that supplemental melatonin may help increase sleep time and overall quality of sleep.

Kordel's Sleep Aid Melatonin 5 mg is made from non-animal sources. The sublingual tablets supports fast absorption.



KORDEL'S
SUPER SLEEP AID



KORDEL'S
SLEEP AID MELATONIN 5 MG



To find out more information on Kordel's Super Sleep Aid and Kordel's Sleep Aid Melatonin 5 mg, please visit <http://www.kordels.com.sg>

MEN'S HEALTHY AGING

Recapture the strength, vitality, and sexual performance of your youth.

The start of forties, a man's body starts becoming more susceptible to ailments and disorders that can derail health, happiness, and even life itself. One of the common issues faced, is experience of low testosterone levels (LTL). Some common symptoms of LTL includes low sex drive, fatigue, hair loss and list goes on. Therefore, aside from keeping to a healthy diet and staying active, supplementation can help protect you against common age-related problems that can diminish the quality of life and help you stay in the game, and on top of your game!

Explore **Kordel's Testofen® Plus Ashwagandha and Panax Ginseng**, a non-hormone, plant-based formula packed with patented ingredients such as Testofen® derived from Fenugreek Extract standardized for 50% Fenuside™ proven to naturally boost testosterone levels. Ashwagandha root extract (KSM-66®) is aimed at strengthening the body, supporting physical performance and improves individual resistance towards stress. This supplement has resounding capabilities together with Panax Ginseng to help tonify the body, further restore energy and receiving a great boost of Qi.

Another superior supplement is **Kordel's Prostate Health**, a potent formula containing standardised extracts of Saw Palmetto and Tomato Extract, as well as Flaxseed oil and Pumpkin seed oil which provide consistent support for healthy prostate function. Research shows that Saw Palmetto reduces the size of enlarged prostate and eases the urinary symptoms such as frequent peeing, straining to pee or weak flow of urine hence improving better prostate health and enhance urinary tract function.



ABOUT KORDEL'S



Kordel's Founder

Dr. Lelord Kordel (1904 – 2001) founded the Kordel's brand of health supplements in 1949. Dr. Kordel was a Polish-American nutritionist who authored many best-selling books on healthy living.

He strongly advocated the concept of healthy living and balanced nutrition, gaining a wide circle of followers, who sought his advice on staying healthy and looking good.

His efforts to empower people to take charge of their health by understanding the benefits of healthy nutrition and supplementation resulted in the improvement of the health and quality of life of users of Kordel's products throughout the world.

GRAB YOUR KORDEL'S PRODUCTS AT

PHARMACY CHAIN STORES

Guardian
Unity
Watsons
Welcia BHG

DEPARTMENT STORES

Metro
Mustafa
OG
One Assembly
Yue Hwa Chinese Products

MAJOR INDEPENDENT/ MEDICAL HALL

Chong Hoe Medical
Fook Choon Won Kee
Grace Healthcare
Thye Hin Hoe
Vitatron

MAJOR HOSPITALS

Changi Hospital
Farrer Park Hospital
Khoo Teck Puat
Mount Alvenia
Ng Teng Fong
Raffles Health
Tan Tock Seng

MAJOR ONLINE RETAILERS

Doctor Anywhere
Lazada
Mummysmarket
NTUC Market Place
Nuvanta
Prime (Amazon)
Qoo10
Shopee
Zalora



VISIT OUR WEBSITE

Kordel's

GIVE YOUR LIFE THAT BOOST OF VITALITY

Keep your body in optimum health. Your best times in life depends on it. Learn more of your body's best essentials with Kordel's.



Kordel's SG



@kordelssg



Gift your Dads
the **BEST** this
Father's Day!



Kordel's Testofen® Plus
Ashwagandha and Panax Ginseng, 30s

ENHANCE YOUR PHYSICAL PERFORMANCE

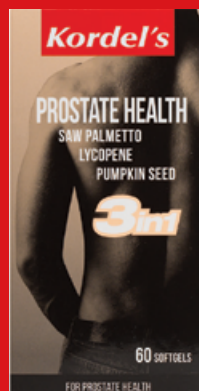
- Healthy Male Hormone Levels and Performance
- Supports Masculinity and Vitality



Kordel's B Stress Less, 90s

KEEP YOUR STRESS AT BAY

- Supports Energy and Stress Tolerance
- Calms the Mind and Body



Kordel's Prostate Health, 60s

BOOST YOUR PROSTATE HEALTH

- Supports Prostate Health
- Supports Urinary Function

ORDER ONLINE OR PURCHASE IN STORES

Now available at our online stores and:

guardian



ONE Assembly

Unity

watsons

welcia BHG