

QUALITY

LIFE STARTS WITH QUALITY CARE

FEATURING: CHRONIC INFLAMMATION & YOUR JOINTS • BEAUTY INSIDE-OUT • HEALTH THE EASY WAY



PLANT-BASED FITNESS FOR THE WIN

Fitness Trainer Luke Tan shares his journey towards a vegan lifestyle.

A vegan diet is often criticised for being too low in protein, making muscle building tough but **Fitness Trainer, Luke Tan**, is proof that it is possible to achieve an impressive physique even as a vegan.

Q1: How and why did you decide to become a vegan, and how long has it been?

Luke: The inspiration came from my wife, who made the switch and experienced an incredible shift in her chronic digestive issues and since that has pivoted my interest to be become a vegan. I've been a vegan for almost a decade now.

Q2: What keeps you motivated to carry on with a vegan lifestyle?

Luke: My joint issues went away, my blood markers improved, I'm staying lean, healthy and many of my allergies went away. It also drives my career and my focus. Every single mouthful is a vote for

a cleaner and greener world. This journey is about health, animals, and the planet – so why not?

Q3: Any tips for active individuals who would like to go vegan?

Luke: Firstly, focus on possibilities. Instead of having the mindset that you need to limit yourself, why not focus on the choices available? In Singapore, there's a plant-based version of almost anything. For example, there are vegetarian chicken rice or other vegetarian dishes available.

Secondly, focus on fibre, not protein. A standard diet doesn't fulfil the recommended daily fibre intake, but a plant-based diet can double or even triple that amount.

Lastly, commit to it. Give yourself at least 3 weeks to a month. If it doesn't work for you, that's fine. But if you fully commit, many people find that they actually feel a lot lighter, a lot clearer and a lot more energetic as well.

PLANT-BASED SUPPLEMENTS TO SUPPORT YOUR DIET

ENERGY AND WELL-BEING

Kordel's Testofen® Plus is a plant-based formulation containing potent blend of TESTOFEN®, an extract of Fenugreek standardised to 50% Fenuside™, Ashwagandha (KSM-66®) and Panax Ginseng supports strength and muscle mass. This formulation is aimed to invigorate masculinity, vitality, and men's overall well-being.



PLANT-BASED OMEGA 3-6-9

Kordel's Ahiflower® Seed Oil. A complete plant-based 'multi-omega' that provides Omega 3-6-9 fatty acids with the right balance for optimal wellness. This superb supplement has four times more Omega-3 benefits than Flaxseed oil and is scientifically proven to deliver these Omega fatty acids to our bodies. Fatty acids plays an important role as an energy source and are primary constituents of cell membranes to support joint, cardiovascular and brain health.





CHRONIC INFLAMMATION AND YOUR JOINTS

Plant-based remedy to fight gout, joint pain and inflammation.

Chronic joint pain and inflammation continues to be one of the prevalent health issues. Joint pain and inflammation can make your day-to-day life incredibly difficult, even just managing simple tasks may be unbearable and painful. Common joint inflammation are gout (build-up of uric acid crystals in the joints) and arthritis. While medications can help reduce inflammation and ease pain, natural supplements along with dietary changes could help the body fight inflammation, naturally.

One of the powerful plant to keep inflammation at bay is curcumin, an active compound in turmeric, best known for its greatest health promoting effects.

However, curcumin is hard to be absorbed, often ends up excreted by the body. **Kordel's Theracurmin™** is a patented absorption enhanced form of curcumin. A nano particle form of curcumin with 2700% better absorbed than regular curcumin, it has powerful anti-inflammatory properties to turn off many enzymes and biological

processes that cause inflammation inside the body and provides 24hrs retention for excellent anti-oxidant protection.

Switching off inflammatory helps body's healing process and protects cells against free radical oxidation. **Theracurmin™** has the greatest number of published clinical trials delivering measurable benefits for liver, skin, heart, muscular, joint and cognitive health.

Kordel's Veggie Joint Food, another excellent plant-based and shellfish-free formula that combines powerful anti-inflammatory extracts from Celery seed, Grape seed, Sweet cherry and curcumin along with a proprietary fruit blend of seven polyphenol-rich fruit extract. This superb supplement manages uric acid production within a healthy range, flushes excess uric acid (underlying cause of gout), has the ability to soothe joint discomfort and provides anti-oxidant support to preserve healthy joints and cartilage and keep you moving comfortably. **Kordel's Veggie Joint Food** is suitable for vegetarians.

To find out more information on Kordel's Theracurmin™ and Kordel's Veggie Joint Food, please visit <http://www.kordels.com.sg>

KORDEL'S THERACURMIN™

KORDEL'S VEGGIE JOINT FOOD



BEAUTY INSIDE-OUT

Natural, plant-based supplements for healthy, glowy skin.

Sakura flower is known for its skin whitening effects, high antioxidant, anti-inflammatory and anti-aging properties. **Kordel's Sakura Extract 150 mg** promotes collagen formation and skin rejuvenation, strengthening connective tissues for firm and youthful skin. This superior beauty supplement also help defence against UV radiation and free radicals to reduce cell damage, even out skin tone hence achieving bright, healthy radiant skin.

Did you know Ceramides make up 40% of the most outer layer of our skin? Ceramides help hold skin together, like a skin barrier by forming a protective layer that limits moisture loss and other environmental stressors.

Skin irritation, dryness, fine lines and wrinkles are signs of dysfunctional effects of the skin barrier, associated with reduced levels of ceramide.

Kordel's Ceramide is extracted and refined from rice bran and rice germ, which is clinically found to be the most potent ceramide and demonstrates a superior moisturizing effect to other sources like wheat-derived ceramides. Studies have shown that an adequate number of skin ceramides is necessary to maintain healthy skin. Plant-derived ceramides are similar in structure to skin ceramides thus **Kordel's Ceramides** work to reinforce skin barrier, lock in skin moisture and retain elasticity for smooth glowing skin.

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

MAJOR INDEPENDENT/ MEDICAL HALL

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

MAJOR ONLINE RETAILERS

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

DEPARTMENT STORES

Metro
Mustafa
OG
One Assembly
Yue Hwa Chinese Products

MAJOR HOSPITALS

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



VISIT OUR WEBSITE

HEALTH THE EASY WAY with Kordel's Multivitamins today!

SUPERFOOD MULTI 90S

Bursting with over 55 nutrients and superfood blend from 28 food, fruits and vegetables sources, this wholesome supplement offers a wide variety of health benefits to meet your daily nutritional needs.



- Support the body energy levels
- Improve immune function
- Enhance bone health

KID'S MULTIVITAMINS + LYSINE 60S

Formulated to provide your child with the best daily requirements of vitamin essentials that are important for their growth and development.



- Support healthy appetite for picky eaters
- For strong healthy bones and teeth
- Boost body immunity



ORDER ONLINE OR PURCHASE IN STORES

Now available at our online stores and:

guardian



OG

ONE
Assembly

unity

watsons

welcia BHG