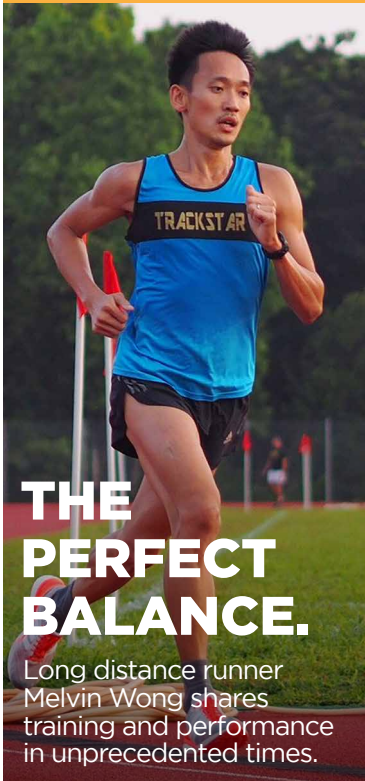


QUALITY

LIFE STARTS WITH **QUALITY CARE**

FEATURING: LET'S PACK & GO • KING OF VITAMIN C • MASK BREATH FRESH • EAST MEETS WEST



THE PERFECT BALANCE.

Long distance runner Melvin Wong shares training and performance in unprecedented times.

Melvin Wong started sports participation at 21 years old and went on to represent Singapore as a triathlete and long distance runner in the 5,000m and 10,000m events. In 2015, he qualified for the SEA Games. Juggling his day job and his young family, Melvin continues to compete as a sub-elite distance runner in local and international marathons. He looks forward to extend his longevity in the sport and inspiring others.

Q1: With no physical races in sight for now, what are you actively training for?

Melvin: I spent the first half of 2021 training for the SEA Games Trials in the Marathon – which eventually got cancelled due to the Games' postponement. Since then, I am training on my shorter distances while fulfilling my other role which is to serve in the military as an extended volunteer.

Q2: With the intensive training, how do you care for your overall wellbeing and joints?

Melvin: Physically, I ensure I have enough fuel to recover from workouts and prepare for the next training session. Macronutrients like carbs, proteins and fats are my essentials. These nutrients provides energy to the body and maintain the body structure and systems. My training averages about 10-12 hours per week thus the right micronutrients is crucial for my performance.

I turned towards some supplements such as magnesium to support in healthy muscle function and relax the muscles after extensive contracting during a tough workout.

Q3: What would be your advice (supplement or other alternatives) to active runners for longevity in the running sport?

Melvin: Put yourself in the best position to embrace joy and make the sport fun. If that means sticking to a routine, getting company for your runs or even just being healthy and energized for each run, then so be it. I believe that getting the best experience from each run is what keeps me running, till now.

TOP PICKS FOR RUNNERS!

OPTIMAL MUSCLE RECOVERY

Kordel's Magnesium Bisglycinate 200 mg is a superior form of magnesium that is easily digested and better absorbed compared to other forms of magnesium. Gentle on the stomach and taken once daily, this supplement helps to support muscle relaxation, ease muscle tension and tightness often cause by post workouts.



ESSENTIAL MICRONUTRIENT

Kordel's AstaReal® Natural Astaxanthin 12 mg has been known as "The King of Carotenoids", nature's most potent antioxidant.

This micronutrient has been clinically proven to reduce muscle fatigue, protecting muscle mass, reduce oxidative stress in muscles hence help improve muscle strength and endurance. Other notable benefits also includes protecting tissues from excessive inflammation and age-related wear and tear.



LET'S PACK & GO

Feel your best as you go off-the-grid.



Travelling finally resumes! While we are all get hyped up and ready to go, it is important to ensure you are travelling adequately with the right supplements that could keep you healthy while you get off the grid!

After all, traveling across time zones can wrack havoc to your sleep routine resulting in travel fatigue. Who needs that on their first vacation or business trip after this long hiatus to travel. Thus, the great importance to have appropriate supplementation to ensure you are feeling your best during any trip.

Here are some Kordel's top essential supplements to accompany you on the trip!

Immunity and Energy Booster
Kordel's Superfood Multi Vitamins and Minerals is an all-encompassing multivitamins, minerals and superfood blends of phytonutrient complex at optimal levels in just one vegetal capsule to bridge the nutrition gap during traveling. It provides over 55 essential nutrients

from whole food, fruits and vegetable extracts yielding a wide range of health-protective benefits to keep your energy up and gives optimal boost to your immunity.

Ease the Jet Lag
Kordel's Super Sleep Aid is a natural sleep aid to help you fall asleep quickly, manage your jet lag and let you sleep soundly through the night, waking up refreshed. This non-habit forming, effective formula combines 5 mg of melatonin with Suntheanine® L-theanine, L-5-hydroxytryptophan (L-5-HTP), plus 4 sleep supporting botanic extracts: Passionflower, California poppy, Skullcap, and Linden. Suntheanine® is the most clinically studied L-theanine to temporarily promote relaxation. Serotonin-producing L-5-HTP is a precursor to melatonin,

an important sleep-regulating hormone, which may promote sleep by increasing melatonin production in the body.



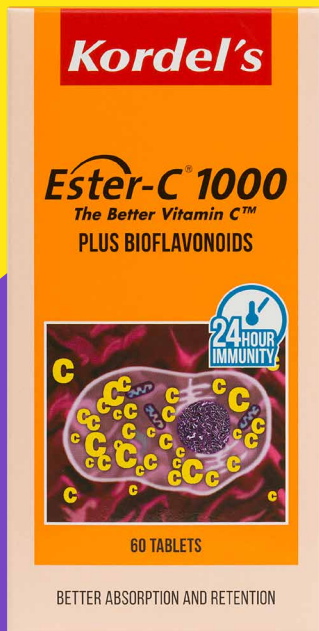
RACE READY?

As more countries opens up for traveling opportunities, overseas races could potentially resume too. For active leisure travelers, do remember to give your joints the adequate care to race well in all your key races.

Move Faster, Younger, Naturally
Kordel's NEM® Eggshell Membrane with kd-pür® is a proprietary blend of NEM® eggshell membrane with superior quality fish oil, perfect supplement that aids in reducing inflammation, pain and stiffness cause by excessive exercising. This supplement naturally contains key building blocks for cartilage and connective tissue, including collagens, hyaluronic acid and other glycosaminoglycans which is clinically proven to slow down damage to the joints hence allowing you to enjoy better longevity in any sports you engages in.

KING OF VITAMIN C

Harness the full benefits of a more superior Vitamin C your body deserve.



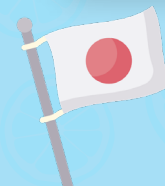
Vitamin C is an essential nutrient which cannot be produced by our bodies and plays a critical role in immune defense by supporting various cellular functions of our immune system. As a potent antioxidant, it may help reduce the severity and duration of colds. It also assists in wound healing and helps maintain capillary health.

Clinically proven Vitamin C
Kordel's Ester-C® 1000 is an extra-strength, gentle on the stomach and kidneys, immune

health supporting Vitamin C formula that stays in your system for 24 hours. It is 4 times better absorption than regular Vitamin C supplements. The metabolites of Ester-C® help enhance the retention of vitamin C by your white blood cells, a vital component of your immune system, giving your body the immune support it needs 24/7. The added citrus bioflavonoids (antioxidants) offer further nutritional support for your immune system with just one tablet a day.

ALWAYS A FRESH BREATH WITH ORAL FRESH

If mask breath bothers you, keeping it fresh with Oral Fresh is both simple and convenient with just one tablet to suck in the mouth!



Made in Japan!



Quick to treat

Reduce bad breath in 10 mins.



Breath that last

2 hours of fresh breath after just 1 single ingestion.



Protection

Defence against pathogenic microorganisms that cause bacteria in the mouth.



Big benefits

Anti-microbial and anti-bacterial to fight off gum infections and restore healthy balance.



KORDEL'S DETOX CLEANZE
Formulated with Aloe vera and Prebiotics

- Helps eliminates toxins from the body to improve better general health.
- Helps maintain optimal cholesterol level in the body and aids in healthy digestion.
- Big assist in weight management.

“肠通无阻”
“享瘦生活”



EAST MEETS WEST 中西结合

Traditional Chinese herbs has evolved over thousands of years. Many have embraced the big benefits of these ancient herbs known to bring vitality and goodness to our general health. Now, the West is catching onto the timelessness of these ancient herbs and with the confluence of both East and West, a collection of superior supplements unfolds.

一品红参
补气延年

KORDEL'S RED GINSENG
With Quercetin

- Helps regulate blood circulation and oxygen flow in the body.
- Revitalizes the body to help fight fatigue, giving the body optimal energy.
- Strengthens the body's immunity.



KORDEL'S CORDYCEPS
With French OPCs

- Tonifies the kidneys and lungs to keep it well nourished.
- Strengthens lungs and supports body's healthy respiratory system.
- Promotes healthy blood pressure and cardiovascular wellbeing.

“奇花异草”
“肺肾之宝”

ORDER ONLINE OR PURCHASE IN STORES

Now available at our onlines stores and:

