

QUALITY

LIFE STARTS WITH QUALITY CARE

FEATURING: BRAIN POWER • NUTRIENTS FIT FOR A ROYAL • WHAT EVERY WOMAN NEEDS

SUPPLEMENT FOR RUNNERS

Giving your body the adequate supplement to go faster and longer.



Marathon season is back! To prepare the body for the increase in training load there is more you can do as a runner than just pre/post-workout routines like stretching or foam rolling. Consuming adequate supplements can help take care of the joints and muscles to prevent overwear injuries and help keep other season ending issues at bay.

Here are Kordel's top supplement picks for runners for the upcoming season:

JOINT CARE

Joints wear out over time. In runners, joint problems are most commonly found in the hips, knees, spine and ankles! Even if you're the rare biomechanically perfect runner, you're not immune, as osteoarthritis (degenerative joint disease) has a large hereditary component.



OptiMSM® 1000 mg

Training and running a marathon can be quite demanding. The hours and distance put in could potentially put a lot of stress to the joints and the body. To help reduce oxidative stress, soreness and pain, **OptiMSM® 1000 mg** can deliver diverse benefits providing organic sulphur that can be readily absorbed to form connective tissue for healthy joints and muscle.

Natural Eggshell Membrane with kd-pur®

Runners want longevity in the running sport. Protect your joints to help reduce cartilage loss. With benefits to support healthy cartilage and promote joint flexibility, **NEM® Eggshell Membrane with kd-pur®** also aids in reducing pain fast and effectively.

MUSCLE CARE

The most common running related injuries are usually linked to the overuse of soft tissues. Whether it is a simple hamstring strain or plantar fasciitis, all of these conditions involve some form of stress to the soft tissue. Soft tissue refers to muscles, tendons, ligaments, and other connective tissue such as fascia. Rather than wait for injury to strike, those who compete in events or train intensely should consider taking the right supplement to aid with training.

Magnesium Bisglycinate 200 mg

Magnesium is an essential mineral that maintains balanced blood calcium levels and supports bone health. It also helps to relax our muscles and prevent them from cramping or spasming after they get all tensed up from a big week of training and supports muscle health and recovery. It also helps replenish red blood cells, which have been hard at work providing your body with oxygen during exertion. Kordel's **Magnesium Bisglycinate 200 mg** possesses a molecular structure of one magnesium bonded with two glycine molecules, making the capsules gentle on the stomach, reducing the likelihood of stomach discomfort and making it easily absorbed by the body.

AstaReal® Natural Astaxanthin 12 mg

Astaxanthin has been widely known to be the power generator that allows salmon to make their heroic upstream swim. The greatest endurance feat in all nature and its fuel by natural astaxanthin. This makes astaxanthin an excellent nutrient for athletes. It helps lessen muscle damage thus prevent inflammation induced by rigorous physical training. It has the ability to also increase strength and endurance improvement, making this a perfect source of supplement for endurance athletes.

BRAIN POWER

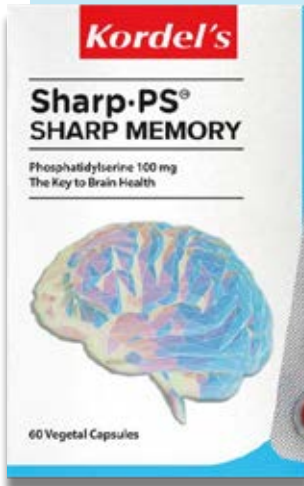
Our brain is like a master control centre, keeping our heart beating and lungs breathing so that we can move, think and feel. That is why giving our brain the best attention and care is a no-brainer! Yet many of us often neglect the health of our brain.

Taking care of our brain will help improve our work efficiency and mental sharpness, and preserve good memory experiences for better quality of life as we age. To keep our minds sharp, we can engage in brain-training games, keep ourselves active and include brain-boosting nutrients in our diet.



BRAIN-BOOSTING BENEFITS

- MENTAL SHARPNESS**
 supports the formation of neurons (information messengers in the brain) and communication between brain cells.
- GOOD BRAIN HEALTH**
 covers and protects the cells in our brain and strengthens the brain structure.
- MEMORY AND SHARP THINKING**
 formation of short-term memory, consolidation of long-term memory and ability to retrieve memories, learn and recall.



Kordel's BRAINY PICK!

Using clinically proven Sharp•PS™ phosphatidylserine derived from soy lecithin, **SHARP•PS™ SHARP MEMORY** provides the needful supplemental nutrition for optimal mental health and improved cognitive abilities.

DID YOU KNOW?

60%

of the brain is made up of fats making it the fattiest organ in the human body, and these fatty acids are crucial for the brain's performance.

Phosphatidylserine (PS) is a fatty substance known as a phospholipid and a component of the cell membrane. It covers and protects the cells in our brain and carries messages between them. Hence, PS is an important essential for proper brain function and plays a key role in keeping our mind and memory sharp.

NUTRIENTS FIT FOR A ROYAL

Royal jelly is a substance with high nutrient content that honeybees produce to feed their queen bees. The queen bee is fed only royal jelly throughout her life, and it can grow up to twice the size and have a lifespan eight times longer than worker bees!



FOOD FIT FOR THE QUEEN BEE ONLY?

Of course not! Historically, royal jelly is known to be enjoyed mostly by royalties to achieve a longer and healthier life.

Royal jelly contains a variety of nutrients and research has suggested that it may have antibacterial, antioxidant, anti-inflammatory properties and offer a range of health benefits such as aiding wound healing and supporting a healthy immune system. Hence, it has long been used in traditional medicine and as an alternative treatment for a variety of physical and mental ailments.

A SUPERIOR COMBINATION OF PURE GOODNESS

Now you can enjoy all the great health-enhancing benefits that royal jelly is known for, and at the same time boost your collagen production for healthier skin, hair and nails! Harnessing the benefits of royal jelly and collagen, Kordel's brings you a superior combination of freeze-dried royal jelly and readily-absorbed fish collagen peptides in a single capsule*.

JAPANESE ROYAL JELLY + FISH COLLAGEN PEPTIDE

Using advanced Japanese technology that guarantees the effectiveness of the active ingredients, this superior combination provides you with a wide range of essential nutrients from vitamin B-complex, essential amino acids, minerals, unique fatty acids and collagen to 10 Hydroxy-2-Decenoic Acid (HDA), an antibacterial component.

KEY BENEFITS

- High antibacterial activities
- Guaranteed above 5% of 10-HAD (a quality marker of royal jelly) in each capsule.
- Revitalises energy levels
- Improves metabolism and breaks down carbohydrates, proteins and fats effectively, converting to energy.
- Maintains youthfulness and good health
- Promotes collagen production and boosts immunity.



Bye-bye, scars!

A scar is a mark left on our skin after a wound or injury has healed, whereas a stretch mark is a type of scar that forms when our skin stretches or shrinks rapidly. Some people may feel embarrassed by their scars or stretch marks, especially if they're very noticeable.

So, if you are bothered by them, why not try the all-natural Bio-Oil® Skincare Oil (Natural) that has been clinically proven to help improve the appearance of scars and stretch marks.

Made from 100% natural ingredients.



Contains 14 skin-loving plant oils and vitamins.



No preservatives, non-GMO, no artificial fragrances and colourants.



* Each capsule contains a minimum of 5% HDA (equivalent to 7% of freeze-dried royal jelly). This product may not be suitable for asthma and allergy sufferers.

What Every Woman Needs

Ladies, stop putting yourself at the end of your priority list! It's time to take better care of yourself and nourish your well-being. A pause of several minutes a day or an hour or so on your favourite activity can do wonders. And top that off with these boosters from Kordel's, you can certainly have it all!



THE BUSY WOMAN'S GUIDE TO SELF-CARE



SAKURA EXTRACT 150 mg

Unveiling the secret to firmer, fairer skin.

- Fights glycation, a process that glucose weakens and breaks down our collagen and elastin fibers.
- Boosts body's collagen production.
- Brightens and manages hyperpigmentation for fairer and clearer skin.



CERAMIDE

Protecting your healthy skin from within.

- Clinically found to be one of the most potent ceramides with superior hydrating effect.
- Rebuilds skin barrier limiting moisture loss.
- Soothes dry skin and redness.



ORGANIC SOY ISOFLAVONES

Supporting the lifestyle of an active and confident woman.

- Contains all-natural plant based estrogens (isoflavones).
- Enhance natural vaginal lubrication.
- Keeps skin radiant and shapes breasts to become firmer and fuller.



HEALTHY HAIR

Helping you achieve thicker, fuller and shinier hair.

- Nourishes the scalp and supports optimal hair growth.
- Stimulates keratin production and promotes healthy hair follicles.
- Strengthens weak and brittle hair strands and reduces breakage.

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