

# QUALITY

LIFE STARTS WITH QUALITY CARE

**FEATURING:** TRAVEL MODE: ON • COUNTING DOWN TO THE HOLIDAY SEASON • LADIES, LET'S GLOW UP NOW!

## FUELING THE LONG TERM

Find out why supplements play a crucial role in every endurance athlete's journey

Even if you're not an Olympic hopeful, there's plenty of performance benefits that come from proper fueling and supplementation of your training program as you prepare for that next track event, road race or marathon. According to a highly publicized 2020 study on non-elite marathon athletes in the journal *Nutrition*<sup>1</sup> - the runners who had consumed adequate amounts of macronutrients and minerals like unsaturated fat, iron, potassium and magnesium showed better race-day performances and cardiovascular health.

Many age groupers are focused on controlling their daily fat intake and how to replace the sodium they lose after a hard sweaty workout in our tropical climate, but they forget that there are many electrolytes we lose through sweat like potassium, chloride and magnesium. Aside from reducing the chance of muscle cramps, the latter plays a crucial role in various processes that translate to improved athletic health:

- Cellular timekeeping and Energy balance
- Metabolism rate
- Oxygen and electrolyte uptake
- Heart health and regulation of blood sugar & insulin levels

High intensity physical exercises like running and endurance events place significant strain on the body by speeding up magnesium losses through sweat and urine - drastically increasing the body's demand for it. Runners should bear in mind that the

effects of oxidative stress can be amplified and performance may be impaired if there is even a marginal deficiency in Magnesium levels. If you aren't focused on your dietary intake through the consumption of magnesium-rich foods, supplements are a great way to ensure your fuel levels stay nicely topped-up as you focus on training!



Watch a special 3 part series on how Kordel's range of supplements can help you in performance, recovery and sports health maintenance.

Click here: <https://bit.ly/runsgxkordelsvideo>

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# COUNTING DOWN TO THE FESTIVE SEASON ... ARE YOU READY?



**F**rantic shopping, endless gatherings, indulgent feasting and the list goes on. Its exhausting even before the holiday season starts.

To keep up with the demands of the festive seasons, level up your health with Kordel's 3 special supplements. These supplements offers a good boost to your general health and they make great gifts for the season too!

## BIRD'S NEST + HYALURONIC ACID

Traditionally known as one of the most popular health rejuvenating food tonics. Bird Nest is a must have for this season, while spending time to shop for your Christmas wish lists, it is also important not to neglect your skin health. **Kordel's Bird's Nest + Hyaluronic Acid** contains high glycoprotein content, epidermal growth factor (EGF) couple with moisturizing rich hyaluronic acid to help you look good, feel great while gearing up for this time of year!

## RED GINSENG + QUERCETIN

Boost your immunity and revitalise your body with this powerful duo! Red Ginseng is known for multiple health benefits such as helping to regulate Qi, fight off fatigue, increase energy levels, restore vitality and promote good blood circulation, while Quercetin, the queen of flavonoids, possesses powerful antioxidants and anti-aging properties that are able to strengthen immune responses and promote both cardiovascular and respiratory health. With this natural health booster, you are all geared up to fend off the holiday stress and merry on!

## CORDYCEPS + FRENCH OPCs

This is another must-have to thrive during this festive season—a potent formulation that helps to boost your energy levels and lessen fatigue while supporting your immune function. Cordyceps has long been used to enhance immunity and keep the lungs, kidneys and respiratory system healthy, while OPCs, extracted from French green grape seeds, are potent free radical scavengers to help protect cells from damage. Now, navigating the holiday hustle and bustle will be a breeze!

So, are you ready for the festive season?



# Ladies, let's glow up now!

Is your skin holiday ready? Don't let dull and dry skin dampen your holiday cheer. Rejuvenate your skin from within for that bright, radiant complexion with these skin supplements from Kordel's.



## 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.

## 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.

**NEW**

## Your Brain Booster Kordel's Phosphatidylserine PS + Omega-3

A must-have brain health supplement to sharpen your mind and protect against age-associated cognitive decline!



Kordel's Phosphatidylserine PS + Omega-3 contains a blend of clinically proven high-quality soybean derived phosphatidylserine, and essential Omega-3 fatty acids to give you all these 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 brain cells and strengthens brain structure.

### IMPROVED COGNITIVE FUNCTION

Promotes the formation of short-term memory, consolidation of long-term memory and ability to retrieve memories, learn and recall.

Now available at our online stores and:

guardian



OG

Unity

watsons

welcia BHG