



FUNCTIONAL FOOD CONCENTRATES SERIES  
 功能性濃縮食品系列

# BODYFIT 5

營 健 美™



A

Cr

CLA

K2  
MK-7

PROTEIN

MG<sup>2+</sup>

D3

B+

Green  
Coffee



ENG

PRODUCTS YOU TRUST 信譽產品

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CHOCOLATE



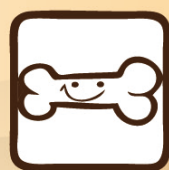
VANILLA



# BODYFIT5

營 健 美™

- FIT for DIET CONTROL
- FIT for GROWTH
- FIT for MUSCLE
- FIT for EXERCISE
- FIT for FLAVOR



# MODERN EATING HABITS

Modern people are living a very busy hustle - bustle lifestyle. They regularly dine out and consume meat products. These eating habits may lead to suboptimal absorption of nutrition.

Our body relies on nutrients to repair and grow cells, provide energy, maintain a strong immune system and regulate muscular activity.

If our body cannot absorb enough nutrients for a long time, it may become malnourished which can result in a weak immune system along with bodily discomfort.

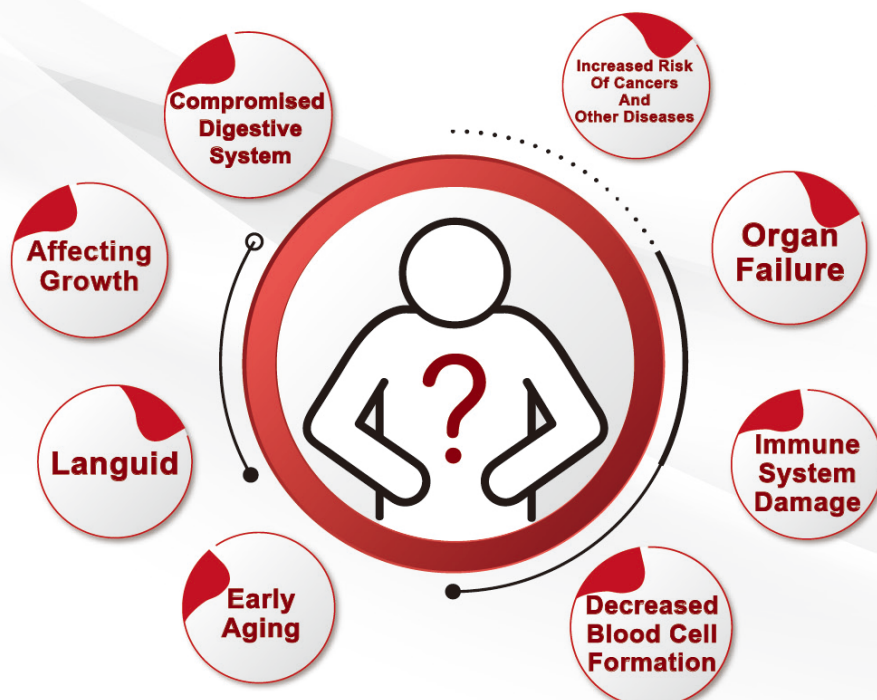


## WHAT IS MALNUTRITION?

Malnutrition is a body condition due to insufficient absorption of nutrients or excessive depletion of nutrients from the body. It may also be linked to diseases as they may affect our appetite, digestion, absorption and assimilation.

There is a common belief that the symptoms of malnutrition are only weight loss along with loss of subcutaneous fat. But the truth is that other symptoms like skin dryness, paleness, muscles loss and dull hair may also be symptoms of malnutrition.

## CONSEQUENCES OF MALNUTRITION

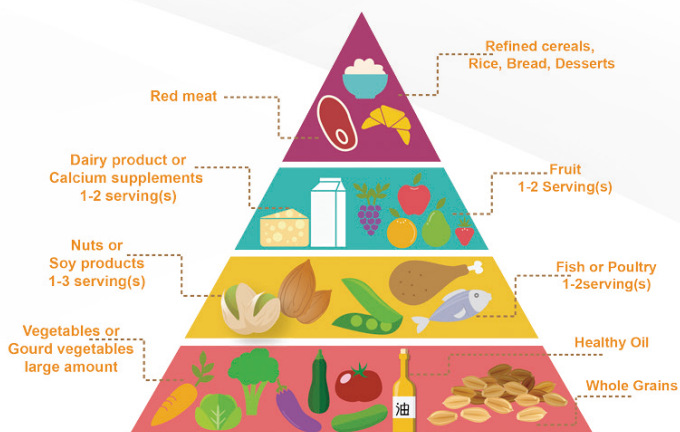




# HOW TO GET COMPLETE NUTRIENTS?

## BALANCED DIET

According to the food pyramid, our diet should contain grains and cereals being the highest priority, followed by vegetables and fruits. Meat should be within 250-300 grams per day. Fat, oil, salt and refined sugar should be consumed as little as possible. Caloric energy from carbohydrates and fat should not exceed 50% and 30% of the total daily caloric intake, while the energy from protein should be within 10% to 15% of the total daily caloric intake.



## BODYFIT5

BODYFIT5 is a healthy, low-calorie convenient meal replacement powder (170-180kcal) packed with essential nutrients including multi-vitamins, minerals, soy protein (essential amino acids), soy fiber and more than 40 kinds of natural extracts, which are easily absorbed by the body.



- HIGH NUTRITION
- LOW FAT
- TASTY MEAL REPLACEMENT

# THE UNIQUENESS OF BODYFIT5

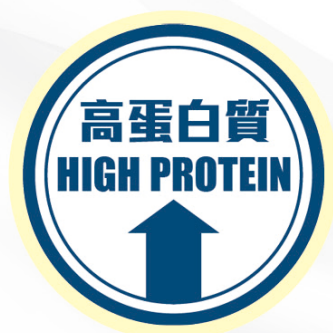
## ● 170-180 Calories Per Serving

BODYFIT5 is low in caloric energy and therefore suitable for those on a diet.



## ● 24 Vitamins and Minerals

Adequate vitamins and minerals have an important role in our body. They help maintain proper cellular metabolism and activity. BODYFIT5 contains 24 essential nutrients which include vitamins A, B1, B2, B6, B7, B12, C, D, E, K, folic acid and Pantothenic acid. Potassium and calcium are of a higher level and other minerals including magnesium, zinc, manganese, iron, molybdenum, selenium, phosphorus and chromium are also balanced in this beverage.



## ● Protein 16-17g

BODYFIT5 contains a high amount of protein, providing sufficient amino acid "building blocks" for children, athletes and vegetarians.

## ● Low Glycemic Index (GI)

The carbohydrate content of BODYFIT5 is made from complex carbohydrates, which will not pose an immediate threat to blood sugar levels.





## ● Zero Trans Fat

Trans Fat increases the body's LDL (bad cholesterol) whilst lowering the body's HDL (good cholesterol). This will increase the risk of cardiovascular and heart problems. BODYFIT5 is free from trans fat. Its fat content comes from healthy unsaturated fat, countering the bodily stress caused by unhealthy saturated fat.



## ● Non GMO Soy

The protein found in BODYFIT5 comes from natural, non-genetically modified soy protein which negates the potential risks associated with genetically modified foods.

## ● Lactose and Gluten Free

The protein of BODYFIT5 primarily comes from quality soy. It does not contain any gluten and lactose which are common substances Asians are allergic to.



## ● Non Dairy

BODYFIT5 contains non dairy ingredients, free from toxic dairy additives like melamine and plasticizer.

# BODYFIT5 (FIT for 5 )

## ● FIT for DIET CONTROL



Many people who want to lose weight will adopt certain diets, such as skipping dinner and eating one less meal a day to achieve the purpose of weight loss. Hard dieting can indeed quickly reduce weight in a short time, but the effect is actually limited and unhealthy. Even after stopping dieting, most start to regain weight.

While dieting, nutritional needs must be supplemented, such as protein, fiber, calcium, iron, vitamin B12, which are all needed by the body. Without these, many negative symptoms may occur such as easy dizziness, drowsiness, etc.

BODYFIT5 have 24 different kinds of vitamins and minerals. The body needs to absorb enough vitamins and minerals from meal replacement.

To maintain normal cell activity and metabolic function, BODYFIT5 provides 24 essential vitamins for people with different dietary habits, such as vegetarians. These include: Vitamins A, B1, B2, B3, B6, B7, B12, C, D3, E, K1, K2MK-7, Folic acid and pantothenic acid; minerals include: chromium, iodine, molybdenum, selenium, zinc, iron, manganese, copper, calcium, magnesium and potassium.



**The necessary nutrients for each meal are included in the BODYFIT5, it is the best choice of a comprehensive nutrition formula!**

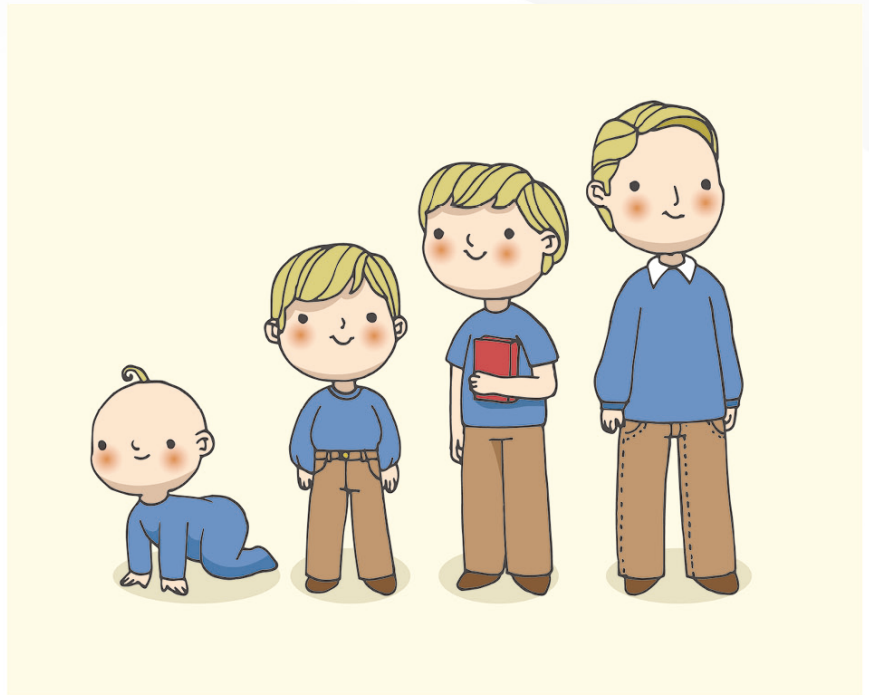


# BODYFIT5 (FIT for 5 )

## ● FIT for GROWTH



Adolescence is a period which is very sensitive to the sudden increase in the demand for various nutrients. When the nutrient supply is insufficient, nutritional deficiency can easily occur. Growth and development are rapid in elementary and middle school students. If the body lacks protein, fat, sugars, inorganic salts, vitamins, etc., or



the supply ratio is at an imbalance with the body's physiological needs, it will be sensitively reflected in a slower growth rate or developmental delay. Therefore malnutrition symptoms such as fat loss, muscle atrophy, and dysfunction of various systems throughout the body, decreased resistance, and retarded growth and development may appear. Because metabolism in the body is interconnected, no matter what type of nutrient deficiency occurs, it will directly or indirectly affect the development of the entire body during adolescence, and affect the normal learning, labor, and recreational activities during this period. BODYFIT5 can supplement the human body's needs, and as an added bonus is very delicious. It provides balanced nutrition for growing young people and children, along with helping to promote physical and mental growth.

# BODYFIT5 (FIT for 5 )

## ● FIT for MUSCLE



Everyone has muscles, and these muscles slowly degenerate as they age. Resistance training can help to maintain muscle strength and help in avoiding injuries due to muscle fatigue.

The general consensus is that muscle growth only requires protein, but In fact just adding protein is not enough. Both muscle training and muscle growth consume calories, so the first to be consumed are carbohydrates. Once there are not enough carbohydrates in the body, the body will start to consume or catabolise its own protein stores. So In order for muscle growth, we must provide them with sufficient nutrition. Eating after exercise should be based on protein and carbohydrates. The ratio of the two is 1: 2, and consumption should not be overdone. The ratio of protein and carbohydrates in bodybuilding is just close to 1: 2, which can provide enough protein and carbohydrates to the body! It is recommended that you can drink BODYFIT5 within 30 minutes to 1 hour after muscle training to provide comprehensive, adequate nutritional support to your muscles.





# BODYFIT5 (FIT for 5 )

## ● FIT for EXERCISE



BODYFIT5 incorporates premium green coffee bean extract. Unlike ordinary coffee, green coffee beans are unroasted and unprocessed, and the wrapper contains one natural active compound, Chlorogenic Acid. Chlorogenic acid is a plant polyphenol that helps to inhibit the release of glucose in the body whilst increasing metabolism or fat burning in the liver. The combination of these two mechanisms can inhibit fat absorption, eliminate weight gain, reduce blood pressure, and promote metabolism.



\*ATPower should be consumed pre or intra workout, BODYFIT should be consumed post workout.

\*No Caffeine





# BODYFIT5 (FIT for 5 )

## ● FIT for FLAVOR



Many meal replacements or high-protein nutritional drinks on the market have added sugar substitutes and artificial flavorings to keep their caloric levels low. A recent Australian study<sup>[1]</sup> found that large amounts of artificial sweeteners actually reduce the body's ability to control blood sugar levels and increase the chances of developing type 2 diabetes.



Research scholars also pointed out that sugar substitutes give people the illusion that they are lower in calories and healthier, which leads them to consume more with negative health consequences. BODYFIT5 has carefully selected natural vanilla from cocoa powder for seasoning. It will not have the “chemical taste” of an artificial sugar substitute, and it is easier to import and makes your weight management more sustainable.



Suitable for  
whole family

\*This product is not registered under the pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

[1] Wu, T., Bound, M. J., Standfield, S. D., Bellon, M., Young, R. L., Jones, K. L., ... Rayner, C. K. (2013). Artificial Sweeteners Have No Effect on Gastric Emptying, Glucagon-Like Peptide-1, or Glycemia After Oral Glucose in Healthy Humans. *Diabetes Care*, 36(12), e202–e203. <https://doi.org/10.2337/dc13-0958>



Potassium	Promotes normal heartbeat, muscle contraction, and regulates cellular nutrient delivery and moisture balance.
Calcium	Promotes dental and bone health.
Magnesium, zinc, manganese	Maintains healthy growth of the nervous system, cells, bones, and cartilage tissue.
Iron	Helps to make red blood cells.
Molybdenum	Promotes enzyme action and prevents damage to nerve cell tissue.
Selenium	Antioxidants to help detox the toxins of heavy metals, multiple drugs, alcohol, tobacco and fat peroxide.
Chromium Polynicotinate	A type of chromium that is not extracted from yeast, reducing the chance of producing sensitivity. It can improve insulin action and improve cell absorption, which promotes intestinal absorption. Studies have shown that Chromium Polynicotinate is better than other categories of chromium in terms of resistance, fat conversion to energy, and cell absorption.
Iodine	Helps support normal metabolism and growth and development of the body.
Lecithin	It has the function of emulsifying and breaking down grease, which helps to improve blood circulation.
Green coffee bean extract	Contain 50% Chlorogenic Acids, may help liver metabolism and fat-burning.
Methionine	If lack of Methionine , the protein synthesis in the body will be blocked, resulting in damage to the body.
Avocado	Contains a variety of antioxidant nutrients, especially fat-soluble vitamins A,C,E,
Vitamin A	Helps healthy cells grow and the immune system develops.
Vitamin B1	Helps maintain healthy heart, muscle and nervous system functioning.
Vitamin B2	Helps in the manufacture of red blood cells and immune antibodies.
Vitamin B3	Maintain healthy skin.
Vitamin B5	Helps fight infectious diseases, relieves side effects and toxicity of many antibiotics, and helps reduce allergic symptoms.
Vitamin B6	Helps new cells grow and maintain the normal functioning of the immune system.
Vitamin B7	Promotes proteins, fats and carbohydrates absorption.
Vitamin B12	Maintain the normal functioning of the brain and nervous system and assist in the manufacture of red blood cells.
Vitamin C	Auxiliary bone collagen, cartilage, muscle and blood vessel growth also helps maintain bone and dental health.Enhance iron absorption in the body.
Vitamin D3	can promote calcium absorption in the small intestine, maintain a proper concentration of blood calcium and phosphorus, also to prevent low blood calcium caused by muscle twitching.
Vitamin E	Powerful antioxidants. Maintain a healthy immune system.
Vitamin K1 + K2	Can promote blood clotting, has the effect of hemostasis, can be used to stop bleeding and prevent internal bleeding.
Folic acid	Maintain normal cell division.
Pantothenate	Helps produce red blood cells, sex hormones and stress-related hormones.

# WHO SHOULD CONSUME BODYFIT5?

## PEOPLE CONSCIOUS ABOUT THEIR FITNESS



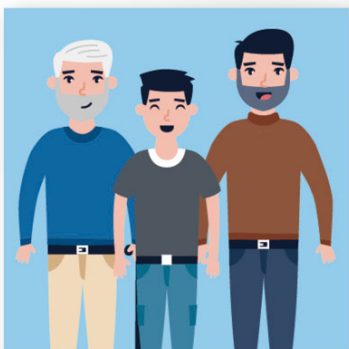
- Improves basal metabolic rate, adjusts the use of energy, prevents limb fatigue & dizziness.
- Contains quality Chromium Polynicotinate that facilitates the use of glucose for increased energy levels and maintains optimal blood glucose and cholesterol levels, which are beneficial to physically active people such as athletes.
- Contains Potassium that facilitates regular heartbeat and contraction of skeletal muscles, and Maintains normal balance of water within the body cells.
- Contains all the 8 essential amino acids which aid in increasing muscle mass.
- Provide soy fiber to enhance the GI system.

## LADIES



- High in calcium which strengthens bones. Women who are having their periods, are pregnant, breastfeeding and / or experiencing menopause need extra source of calcium.
- High in isoflavones from soy protein & soy fiber which helps reduce the risk of pathological changes.
- Isoflavones are also effective as phyto (plant) estrogens which soothe premenstrual & perimenopausal symptoms.

## MEN



- High in Zinc content which improves the immune system and prostate congestion.
- High in genistein and daidzein which help reduce the risk of pathological changes to the prostate.
- Rich in protein and Chromium Polynicotinate which work synergistically with exercise to build and strengthen muscle.





## ● THE ELDERLY

- BODYFIT5 in liquid form is suitable for the elderly with problems in swallowing and chewing.
- Complete nutrients that are easily absorbed.



## ● CHILDREN/TEENAGERS

- 2 flavors for children with different preferences.
- Balanced nutrition for children having unbalanced eating habits.
- Low calorie, high protein, complete formula of vitamins and minerals are optimal for children's and teenager's growth.



## ● PEOPLE DURING RECOVERY

- Whilst recovering from an illness, the body needs extra protein for growth and repair. BODYFIT5 contains all of the 8 essential amino acids, the fundamental building blocks of all proteins. Supplementing with enough nutrition can help the sick/rehabilitated person in avoiding fatigue.
- With different types of anti-oxidants, such as vitamins A, C, E and Selenium, the threat of free radicals is reduced, resulting in quicker recovery.
- Easy to digest and absorb as a supplementary food in liquid form.



## ● PEOPLE WITH GLUTEN AND LACTOSE INTOLERANCE

- The protein of BODYFIT5 primarily comes from high quality non-GMO soy.
- It does not contain any gluten and lactose which are common substances Asians are allergic to.

## Recommended dosage:

- add 2 spoon(47g) of BODYFIT5 into 10oz(around 280ml) water and stir well until the powder dissolved. Please don't use hot water for the best absorption.

**\* Use with ATPower for better benefits.**

# BODYFIT5

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**PRODUCTS YOU TRUST 信譽產品**

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