



# **Direction of use**

- 1. Mix 1 sachet (20gram) with 150 ml cold water
- 2. 1 sachet daily

Ingredients	Benefits
1. Oat Powder	<ul> <li>Rich in carbs and fiber, protein and fat</li> <li>Contain high in vitamin and mineral</li> <li>High in antioxidant (avenanthramides) found in oat help to low blood pressure levels by increasing the production of nitric oxide.</li> <li>Contain Beta-Glucan (soluble fiber) help to reduce Low Density Lipoprotein (LDL)</li> <li>Help to feel fullness</li> </ul>
2. Garcinia Cambogia Extract	☐ Lower high levels of fat in blood and reduce oxidative stress — inhibits an enzyme, citrate lyase which important in production of fat

## 3. African Mango Extract



☐ Aid in weight loss by speeding up metabolism and prevent fat buildup.

### 4. Amla Extract



- Help in reducing heartburn as antiinflammatory effect
- High in vitamin C which contribute to anti-aging effect.
- Regulate to low blood sugar level.
- Contain high in vitamin C associate to bolster immune system

#### 5. Senna Extract



☐ Used as a natural laxatives to treat constipation and clear the bowel.

#### **6. Green Coffee Extract**



☐ Active compound (chlorogenic acid) may help reduce the risk for diabetes and heart disease.

#### 7. L-Carnitine

- Help to reduce weight by burning fatty acid in cell for energy
- Increase the performance of exercise by increasing the oxygen supply to muscle
- React as anti-diabetic to reduce blood sugar level.