



STEP 1

START YOUR DAY RIGHT

Refuel your body with the right nutrients

Soy Protein Isolate

Wheat Protein

Pea Protein



**Quality Plant-Based
Complete Protein**



Contains 9 essential amino acids



No animal-derived ingredients



Suitable for vegetarians



Support formation of healthy hair, skin & nails



Help support lean body mass



Lactose-free



Low-fat



PDCAAS score of 1*



Provides additional protein to help in muscle recovery



Helps to fill up your nutritional protein gap

*Protein Digestibility Corrected Amino Score of one (PDCAAS =1), meaning that it has the highest quality of protein, necessary amino acids and easy to digest, all needed to help you, and your family, achieve optimal health.

ORIGINAL 450g or 900g



GREEN TEA 450g



MIXED BERRIES 500g



DELICIOUS CHOCOLATE 500g



Nutrition Information	One Scoop (10 g)	Two Scoops (23.5 g)	Two Scoops (23.5 g)	Two Scoops (24.2 g)
Calories	170 kJ / 40 kcal	397 kJ / 95 kcal	397 kJ / 95 kcal	419 kJ / 100 kcal
Protein	8 g	8 g	8 g	10 g
Fat	0.5 g	2 g	2.5 g	1.5 g
Carbohydrates	0.3 g	12 g	9 g	10 g
Calcium	-	250 mg	250 mg	140 mg
Vitamin C	-	-	30 mg	-

How Much Protein To Take?

Your weight in Kilograms



X 0.8 =

Estimated Daily Protein Intake*

*Note: Protein requirement may vary among individuals with various age group, medical conditions and activities

STEP 2

Complete Your Individual Needs With The Right Targeted Nutrition

+1 PERSONALIZED NUTRITION



START YOUR DAY RIGHT

Why Choose Protein +1 Personalized Nutrition To Complete Your Needs



Weight Management

+ BodyKey Meal Replacement, Slimmetry, CB Plus, Glucose Health

1 in 10 Singaporeans between the age of 18-69 years old is obese



Beauty Health

+ Mixed Collagen Peptide, Multi Carotene, Vitamin C, Lecithin-E

As we age, we lose about 1% of collagen every year



Kids Health

+ 4-in-1 Plus, DHA Gummy, Children Calcium Chewable, Children Multivitamins Chewable

Nutritional Foundation is essential to fill nutrition gaps for growing needs



Energy

+ B Complex, Double X, PhytoPowder, BodyKey Meal Replacement

B-Vitamins are water soluble and must be replenish daily as our body does not store them



Immunity

+ Vitamin C, Immunity Pack, Triple Guard, Botanical Beverage Mix, Probiotics, PhytoPowder

Acerola Cherries provides the highest phytonutrients when harvested green



Digestive Health

+ Balance within Probiotic, + 4-in-1 Plus, Fiber Powder/Chewable

About 70% of our immunity comes from our guts



Eye Health

+ Vision Health, Multi Carotene, Salmon Omega

Digital eye strain is a leading concern among Singaporeans due to prolonged and uninterrupted use of digital devices



Heart Health

+ Salmon Omega, CoQ10, Garlic with Licorice, CH Balance

1 out of 3 deaths in Singapore is due to heart diseases or stroke



Bone/Joint Health

+ Cal Mag D Plus, Joint Health

Men and Women over the age of 65 are prone to osteoporosis

1. Nov 1999 John B. Furness, Wolfgang A. A. Kunze, and Nadine Clerc01

2. <https://www.healthxchange.sg>

3. <https://www.straitstimes.com/life/too-much-screen-time-find-out-what-is-digital-eye-strain-and-how-to-prevent-it>

4. <https://www.healthxchange.sg/bones-joints/osteoporosis/osteoporosis-in-singapore-stats-and-prevention-tips>

5. Pieraggi MT, Julian M, Bouissou H. Fibroblast changes in cutaneous aging. Virchows Arch A Pathol Anat Histopathol. 1984;402:275-287

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1606623/>

6. <https://www.myheart.org.sg/my-heart/heart-disease-statistics/#:~:text=In%20Singapore%2C%2019%20people%20die,to%20heart%20diseases%20or%20stroke.>