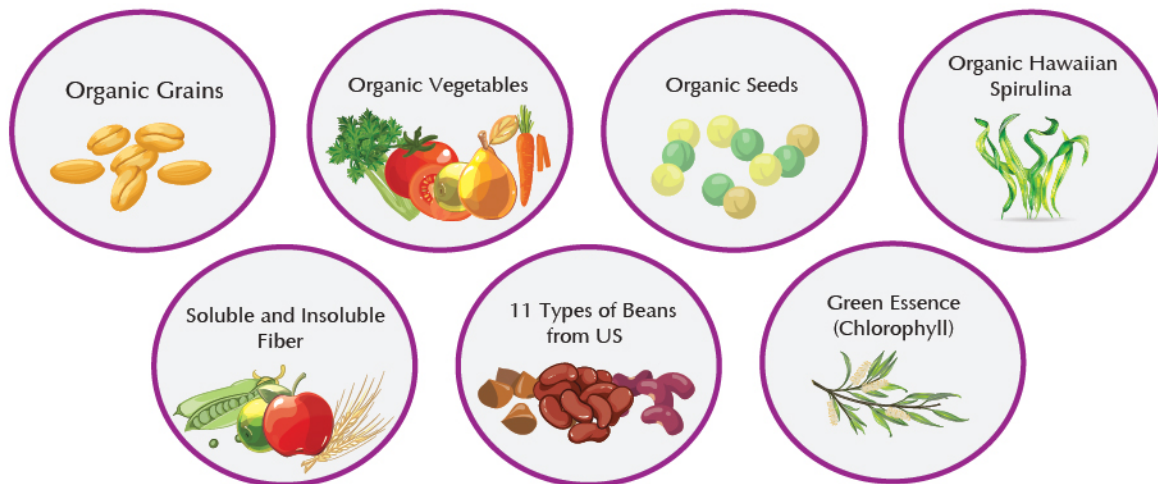


## VG81 is the Simple Solution

With just 2 scoops a day, you can get the general benefits of fiber in a delicious and convenient way!

### 7 Series. 6 Nutrients. 80% Alkaline



### VG81 is highly recommended for:

- People at all age groups
- People who suffering from constipation
- People with weight management
- People who maintaining good health
- Picky eaters who hates green foods
- People who eating outside

### Direction for use:



Add 1 spoon to 350ml of water and shake well before consumption.  
You can use fresh milk or organic soy milk to replace water for better taste.  
(Note: Not recommended to use hot water for preparation.)

### Product Quality of VG81 is assured with:

- Good Manufacturing Practice (GMP)
- Food safety compliance with HACCP system
- Halal certified



GMP 21012014 CB 01



HACCP 11022008 CB 02



\*\*The photos in this brochure are for reference only, please refer to the actual product for actual details. The content herein is for informational purposes only and is not intended for diagnosis, treatment, cure or prevention of any disease or condition. The information provided herein should not be deemed as a substitute for advice from doctors or other healthcare professionals.

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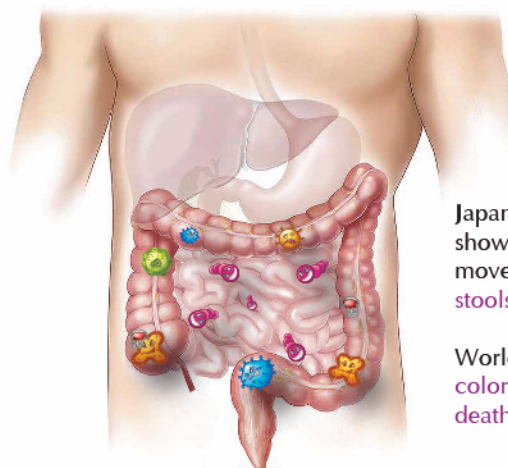
AmLife®  
*life, redefined*

# VG81

A Dish for the Whole Family with Daily Balanced Nutrition



## Better nutrients, Promotes detoxification



Japanese medical studies on gastrointestinal tract shows that even for those with regular bowel movement, there is still around 6 to 10 pounds of stools trapped in your digestive system.

World Health Organization (WHO) reported that colorectal cancer is the second leading cause of cancer death worldwide.

### Dried and Hardened Feces are the Root Causes of Diseases

“A day without pooping is even more harmful compared to smoking three packs of cigarettes”. The toxicity causes by the dried and hardened feces are harmful as the toxins will be reabsorbed in your gut and resulting in:

- Colitis
- Colon ulcer
- Colonic diverticulitis
- Colon cancer
- Rectal cancer

### Give Yourself a Time To Overhaul Thoroughly

It is important to clean and detox your body regularly to help your body organs works healthily and in working order. Therefore, a healthy gut starts from a sufficient intake of fiber!



## Why Do You Need Fiber?



### 1) You will poop more easily

Dried and hardened feces push against the colon wall, causes damage to the intestinal mucosa layer, affecting the gut to function normally and lead to slow peristalsis movement. Dried and hardened feces makes you poop harder. Fiber can make your poop softer, making them easier to pass through the body. According to a 2012 review, fiber increases the stool frequency in patients with constipation. <sup>(1)</sup>



### 2) You will lose your weight

High fiber foods were known to be more filling than low-fiber foods. According to a 2009 review, those with high-fiber diets will have weight losses of approximately 1 kg over an 8-week period comparing than those with control diet. <sup>(2)</sup>  
On the other side, weight loss achieved with fiber-supplemented diets and control diets over 8-week period, respectively, were 4.9% and 2.9% lower compare to initial body weight. <sup>(2)</sup>

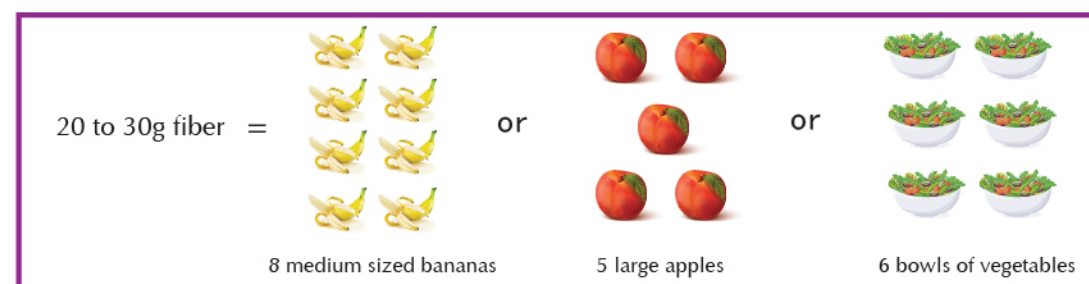


### 3) Reduce your risk of getting colon cancer

Fiber acts as a wonderful scrubbing brush that cleans our gastrointestinal tract, keeping it healthy and reducing carcinogenic activity. According to 2015 research, both soluble and insoluble fiber play a role in protecting against colon cancer. <sup>(3)</sup>

## How Much Fiber Do You Need?

According to Malaysia RNI (2005), 20 to 30g of fiber intake per day is recommended for all age groups.



Besides intake from food, fiber supplements may play an important role in helping you to achieve fiber intakes approaching the recommended guidance levels.

### Reference :

- 1) Yang J, Wang HP, Zhou L, Xu CF. Effect of dietary fiber on constipation: a meta analysis. World J Gastroenterol. 2012;18(48):7378-7383. doi: 10.3748/wjg.v18.i48.7378 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3544045/>
- 2) Anderson JW, Baird P, Davis RH Jr, Ferreri S, Knudtson M, Koraym A, Waters V, Williams CL. Health benefits of dietary fiber. Nutr Rev. 2009 Apr;67(4):188-205. doi: 10.1111/j.1753-4887.2009.00189.x. PMID: 19335713 <https://pubmed.ncbi.nlm.nih.gov/19335713/>
- 3) Song Y, Liu M, Yang FC, Cui LH, Lu XY, Chen C. Dietary fibre and the risk of colorectal cancer: a case-control study. Asian Pac J Cancer Prev. 2015;16(9): 3747-52. doi: 10.7314/apjcp.2015.16.9.3747. PMID: 25987032. <https://pubmed.ncbi.nlm.nih.gov/25987032/>