



# KEEP YOUR IMMUNE SYSTEM HEALTHY

 **REDUCE** YOUR RISK OF INFECTION  
TAKE THESE PRECAUTIONARY STEPS<sup>1</sup> AND MAKE THEM A HABIT



Clean your hands with soap and water or alcohol-based hand rub



Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone who exhibits cold or flu-like symptoms



Practice food safety by making sure meat and animal products are cooked thoroughly and properly handled



Avoid unprotected contact with live wild or farm animals

<sup>1</sup> World Health Organization. Novel Coronavirus (2019-nCoV) advice for the public. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



**KEEP UP  
YOUR NUTRITION  
GAME**



**MANAGE  
YOUR WEIGHT  
FOR HEALTH**



**TAKE CARE  
OF YOUR  
GUT HEALTH**

## PRODUCT RECOMMENDATION

### HEALTHY BREAKFAST SET



More than  
**24g protein**



Up to **9.7g**  
dietary fibre



**23** vitamins and minerals,  
including zinc, iron, copper,  
vitamin A, C and E



#### Formula 2 Multivitamin Complex

- Over 20 essential vitamins and minerals
- Provides vitamins A, C, E and zinc for normal immune function
- Provides B-vitamins, magnesium and iron to support energy metabolism



#### Schizandra Plus

- Support immunity and cellular health
- Selenium provides antioxidant support against free radicals that may damage cells



#### Simply Probiotic

- Improves your digestive health with 1 billion active probiotic cultures per serving
- Mixes easily with your hot or cold food or drinks with up to 70% survival rate<sup>1</sup>

<sup>1</sup> Up to 70% of the probiotic cultures can survive and colonize the gut after consumption.

\*This product is not intended to diagnose, treat, cure or prevent any disease. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. This information is not intended to replace the advice of your personal medical professional.