



## The Human Microbiome

In every human being, and especially in the gut, dwells the microbiome: 100 trillion bacteria of several thousand species. This is 10 times more than the number of cells in the human body. This microbiome maintains health and performs beneficial functions such as food digestion, making vitamins and keeping bad organisms at bay. Disrupted microbiomes have been associated with problems such as: obesity and malnutrition; diabetes; atherosclerosis and heart disease; multiple sclerosis; asthma and eczema; liver disease; numerous diseases of the intestines, including bowel cancer; and autism<sup>1,2</sup>. If an upset microbiome causes illness, stabilising it might resolve it.

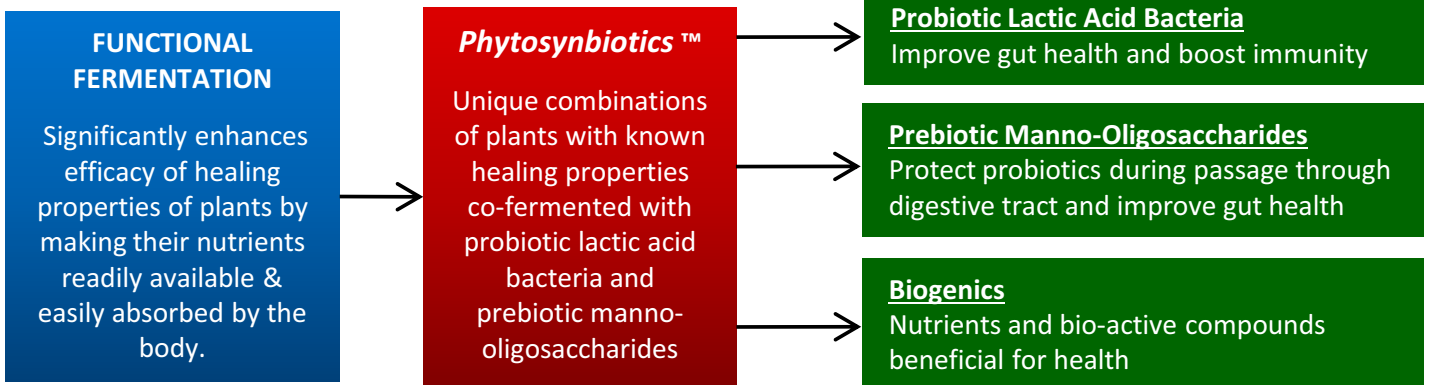
<sup>1</sup> "Microbes Maketh Men", The Economist, Aug 18<sup>th</sup> 2012, <http://www.economist.com/node/21560559>.

<sup>2</sup> The Human Microbiome Project, <http://www.hmpdacc.org>.



## Phytosynbiotics™

Phytosynbiotics™ are a new class of health supplements which promote healthy living and help cope with the demands of modern day living.



Be kind to your microbiome today. Go the *phytosynbiotics*™ way !

## Product of Singapore



Phytosynbiotics™ are the result of 20 years of research and are manufactured with the strictest standards in a HSA GMP-certified facility. The development of *phytosynbiotics*™ technology has been supported by Spring Singapore, the government agency promoting technology innovation in small and medium size enterprises.



# ProViva Series for Healthy Living

## PROVIVA G

contains bitter melon known for the active bio-compound polypeptide-P (also known as plant insulin).



### David Liew

**Male, 40 something, Singaporean, Sales Manager**

*I was shockingly diagnosed with Type-2 Diabetes in April 2010. After taking Proviva-G for about 2 months, my blood sugar level reading was stabilized in the optimal level. Upon the last blood test (6th month after taking Proviva-G), my doctor was surprised to see that my blood sugar reading was within the ideal range and all other values such as ALT and cholesterol levels are also within the limit. The doctor is considering taking me off the Metformin program in the near future.*

## PROVIVA L

contains ginger and koji rice known to have lipid lowering properties.



### B. Boone

**Male, 65, American, Part-time Tennis Coach**

*My blood test result in February 2011 indicated that I was pre-diabetic and my cholesterol level was high. I decided to take a capsule daily. After about four months, I am extremely pleased to find out that not only had my glucose level lowered from 108 to 93, my LDL lowered from 196 to 157 and total cholesterol fell from 270 to 225 too.*

## PROVIVA U

contains cherries and turmeric, known respectively for their active bio-compounds anthocyanin and curcumin.



### K.L. Chong

**Female, 82, Singaporean, Retired, Vegan for over 50 years**

*I had been in the pink of health until about 10 years ago when I started suffering from joint pains in my wrists. The doctor tested my blood and declared that my uric acid was too high, and that I was suffering from gout. The pain was so excruciating that I could not sleep at night. I was introduced to Proviva-U by a relative and after trying it for one month, my gout subsided. Whenever I feel a gout attack coming, I would immediately take 2 capsules of Proviva-U and my pain would be under control. In fact, since taking Proviva-U, I am able to sleep well and not worry about spending sleepless nights in pain anymore.*

Each bottle contains 60 capsules. Take 1 to 2 capsules preferably with the last meal of the day. Do not take while pregnant or breastfeeding. Not suitable for children under 12 years old.

## Living Series for Meeting Demands of Daily Living

My daily anti-oxidant dosage!

My allergic symptoms subsided!

An easy way to help me fight free radicals!

My Sudoku score Improved!

I'm alert in the day and sleep better at night!

I am more attentive in my business meetings!



## Living Genesis

contains broccoli, kelp and shiitake known for their antioxidant properties.



## Living Logic

contains almonds, ginseng and ginkgo to provide relief for general tiredness.

Each bottle contains 45 capsules. Take 1 capsule every morning with meal. Do not take while pregnant or breastfeeding. Not suitable for children under 12 years old.



Freshwerkz Pte Ltd, 8 New Industrial Road, LHK3 #02-04B, Singapore 536200  
Tel: 62823940 • Website: [www.freshwerkz.net](http://www.freshwerkz.net) • Email: [sales@freshwerkz.net](mailto:sales@freshwerkz.net)