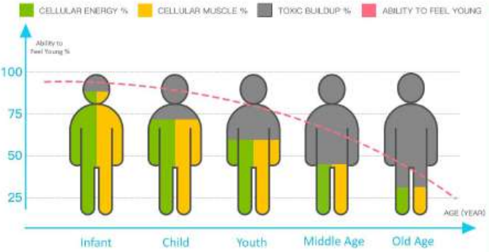
isho™
Intelligence Source of Health Origin
LOOK GREAT, LOSE WEIGHT
CleanUp • NutriUp • LeanUp
isho
Dietary
Fruity Juice
isho
Dietary
Meal Shake
isho
isho

# How Do You Live Young

**Human** body is a marvellous. It naturally learns, evolves and repairs itself. It is designed to live young.

But over time, both environmental and internal factors accelerate aging process.

# Aging Body



*This graph is a hypothetical representation of cellular energy declined, cellular muscle formation declined and toxic buildup over time and DOES NOT represent any actual experimental data.

## Aging is linked to

1. Increased cellular waste production
2. Declined cellular energy production
3. Declined cellular muscle formation

With the declined production of cellular energy,
declined formation of cellular muscle and build-up of cellular waste,

## the ability to feel young declines.

Consequences are loss of youthful spark
and increase the risk of:

1
Premature
Aging

3
Chronic
Diseases

## The Key to Youthful Cellular Function

1. Cellular Detoxification
2. Cellular Energy Production
3. Cellular Muscle Formation

# A Great Way to Get Your Body Back On Track

isholution is a foundation program designed for all individual concern about wellness and youth preservation. isholution identifies, targets and resets cellular health to function at a more youthful level through 3 Ups.

isholution

IDENTIFY — TARGET — RESET

Comprehensive Vitality Formulation

CleanUp
Cleanses Body
Better digestive health and more
1
Better Food Digestion
2
Better Nutrient Absorption
3
Better Waste Removal

# isho Dietary Fruity Juice

isha
Dietary
Fruity Juice
Cholesterol Free | Fat Free | Low Sodium | Gluten Free | Rich in Fiber

The perfect formula to cleanse the body and revitalize cellular function.

## Unique 3 'C' Detoxification Concept

### Blood Cleanse

Sunfiber, Inulin,
Psyllium Husk

### Liver Cleanse

Tumeric powder

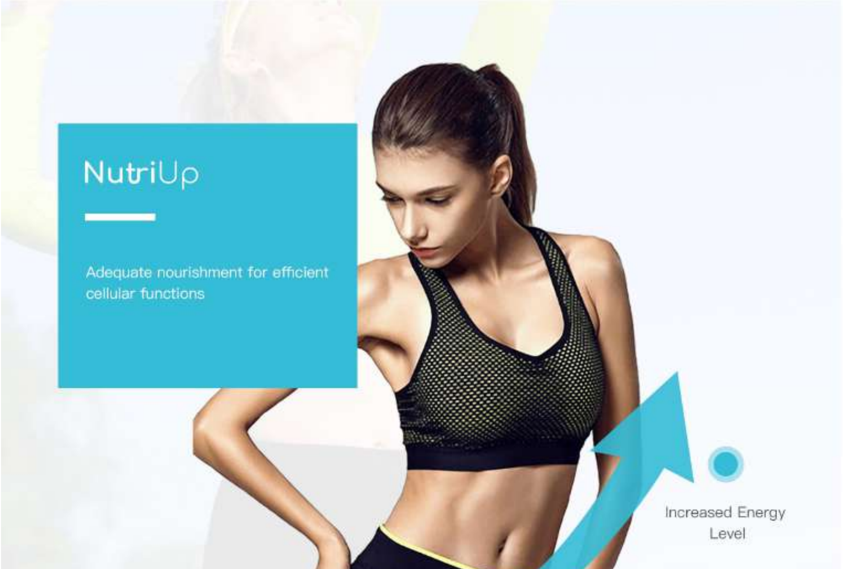
### Colon Cleanse

Sunfiber, Inulin,
Psyllium Husk

## Benefits of Cleanse

1、Promotes body metabolism
2、Reduces waste accumulation
3、Enhances nutrient absorption
4、Reduces blood sugar, cholesterol and body fat
5、Aids weight loss

isho
Dietary
Fruity Juice



## NutriUp

Adequate nourishment for efficient cellular functions

Increased Energy Level

Broad-spectrum
Nutrients Supply
Foods Metabolized
Effectively

# isho Dietary Meal Shake

**An** easy and palatable solution that removes the guesswork by providing your body cells with required broad-spectrum nutrients

isho
Dietary
Meal Shake

Cholesterol Free | Fat Free | Low Sodium | Gluten Free | Rich in Fiber

## Nutritious Meal Replacement

1、**Low in Calories:**
123kcal / serving

2、**Rich in Dietary Fiber:**
3.5g / serving

3、**Rich in Protein:**
17.7g / serving

4、**Rich in Micronutrients:**
27 types of Vitamins & Minerals / serving

## Benefits of Supplying Broad-spectrum Nutrients

**Helps** to activate biochemical reactions which allow all nutrients to be metabolized effectively.

**Maintains** healthy bodily functions.

# Feel Energetic, Vitality & Healthy

LeanUp

Lean Muscle = Metabolic Engine

# Rich in High Quality Protein

2 glasses of Milk

or 3 full Eggs

or 4 slices of Cheese

or 5 pieces of Avocado

17.7g

protein/sachet

equal to...

# Benefits of Supplying High Quality Protein

***01***

Builds lean muscle and activates metabolic engine

***02***

Promotes optimal cellular function to maintain overall wellbeing

***03***

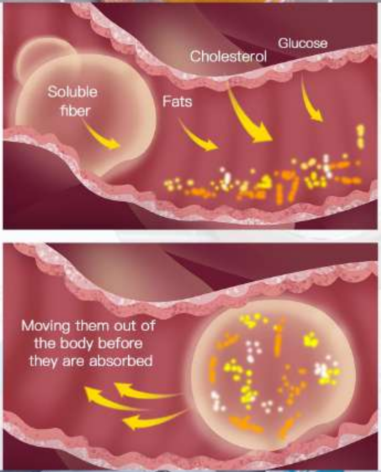
Supports healthy growth of body cells

# Functional Beverage

Reduces Blood Sugar, Cholesterol and Body Fat level

## Mode of Action

Soluble fiber forms gel that traps dietary fats and cholesterol thus preventing absorption. It also slows down the digestion of glucose, thus preventing blood sugar spike.


Glucose
Cholesterol
Soluble fiber
Fats
Moving them out of the body before they are absorbed

## Health Benefits

① Cardiovascular Health

② Slimming

③ Healthy Skin

# Healthy Beverage Blend

Low Glycemic Index Certified

Low GI foods

Slower sugar digestion

Stabilized blood sugar

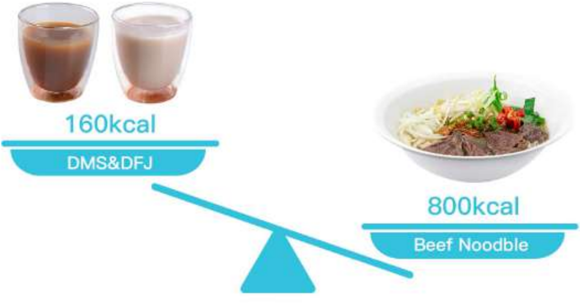
Sustained energy level

*Better Vitality*
*More Vibrant*

# Healthy Weight Loss Formulation

Low kcal, Rich in dietary fiber, Broad– spectrum Nutrients

## Healthy Food Substitution


160kcal
DMS&DFJ
800kcal
Beef Noodble

# 800kcal – 160kcal = 640kcal

(Calories saved per meal)

| | | | |
|---|---|---|---|
| ✓ | 11.2g | Dietary Fiber | 7g |
| ✓ | 17.7g | Protain | 6g |

Low calorie! High dietary fiber! Nutrient-dense!

640 kcal less than a bowl of roasted beef noodle

## Burning of 640 kcal takes

60 minutes of stair-climbing

60 minutes of running

## Shake Up 14 Days isholution Program

- A simple eating plan
- An active lifestyle
- A leaner and healthier body

# One Step Away to Ideal Body Goal

isholution is filled with powerful natural ingrdients

- Curbs food craving
- Calorie control
- Boosts metabolism
- Body cleansing

| Step | Weight Loss / Till Ideal Weight | | Long Term Maintenance |
|---|---|---|---|
| | 14 Days isholution Program | | isholution Maintenance Meal Plan |
| | SMART 1-3-5<br>MON. WED. FRI. | Alternate Day<br>TUE. THUR. SAT. SUN. | |
| isho Products | 2 Shakes + 2 Juices | 2 Shakes + 2 Juices | 1 Shake + 2 Juices |
| Total kcal | 800 - 1000 kcal | 1000 — 1200 kcal | 1800 — 2000 kcal |
| Breakfast | 1 DMS | 1 DMS + Light Breakfast<br> + | Your weight loss now becomes weight management. |
| Morning Break | 1 DFJ | 1 DFJ | |

| | | | |
|---|---|---|---|
| Lunch | 600 kcal | 600 kcal | Eat a healthy diet around 1800 kcal — 2000 kcal each day and keep active. |
| Afternoon Break | 1 DFJ | 1 DFJ | |
| Dinner | 1 DMS | 1 DMS + Light Dinner | |
| Weight loss 2–4kg | 2 weeks | | |

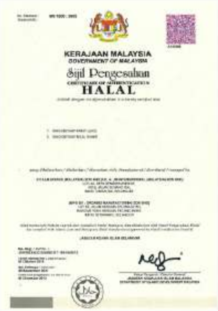
(* DMS: Dietary Meal Shake; DFJ: Dietary Fruity Juice)

# Active Lifestyle

isholution incoporates and recognizes the importance of exercise.

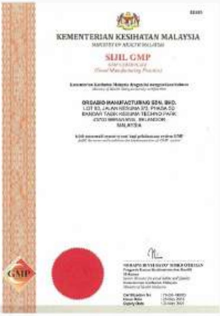
Be active!
Recommended 3-3-3 exercise guide
3 Times a week
3 At least 30 minutes every time
3 With heartbeat of 130 beats per minute

# International Certifications



KERAJAAN MALAYSIA
GOVERNMENT OF MALAYSIA
Sijil Pengesahan
CERTIFICATE OF AUTHENTICATION
HALAL

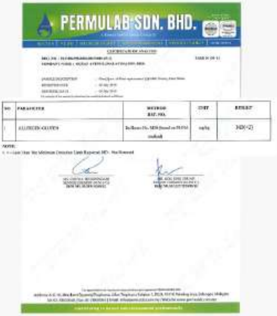
Halal Certified



KEMENTERIAN KESIHATAN MALAYSIA
MINISTRY OF HEALTH MALAYSIA
SIJIL GMP
(Good Manufacturing Practice)

ORGABIO MANUFACTURING SDN. BHD.
LOT 53, JALAN KESUMA 3/3, PHASA 5D
BANDAR TASIK KESUMA TECHNO PARK
43700 BERANANG, SELANGOR
MALAYSIA

GMP Certified



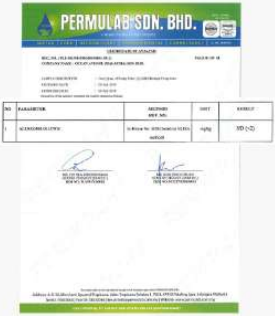
PERMULAB SDN. BHD.

CERTIFICATE OF ANALYSIS

| NO | PARAMETER | METHOD REF. NO. | UNIT | RESULT |
|---|---|---|---|---|
| 1 | ALLERGEN-GLUTEN | [illegible] | mg/kg | ND (<2) |

NOTE:

DMS



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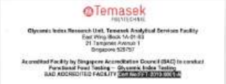
DFJ

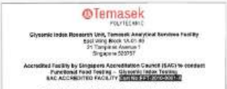
Gluten Free



Temasek
POLYTECHNIC

Glycemic Index Research Unit, Temasek Analytical Services Facility
East Wing Block 1A-01-83
21 Tampines Avenue 1
Singapore 529757

Accredited Facility by Singapore Accreditation Council (SAC) to conduct
Functional Food Testing – Glycemic Index Testing
SAC ACCREDITED FACILITY Cert No: [illegible]



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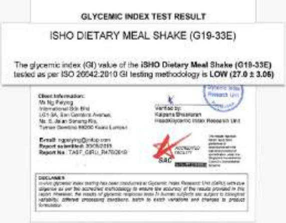
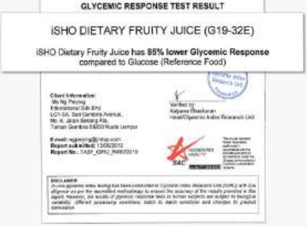


**GLYCEMIC INDEX TEST RESULT**

ISHO DIETARY MEAL SHAKE (G19-33E)

The glycemic index (GI) value of the **iSHO Dietary Meal Shake (G19-33E)** tested as per ISO 26642:2010 GI testing methodology is **LOW (27.0 ± 3.06)**

DMS



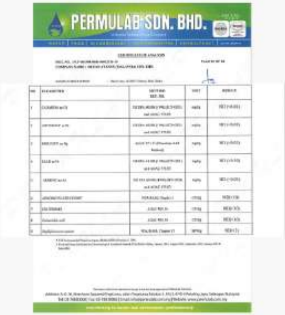
**GLYCEMIC RESPONSE TEST RESULT**

iSHO DIETARY FRUITY JUICE (G19-32E)

iSHO Dietary Fruity Juice has **85% lower Glycemic Response** compared to Glucose (Reference Food)

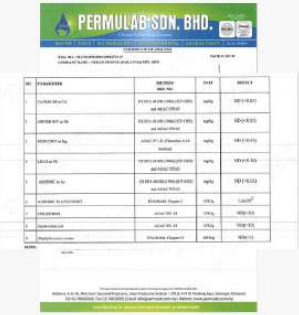
DFJ

Low Glycemic Index Certified



PERMULAB SDN. BHD.

DMS



PERMULAB SDN. BHD.

DFJ

Heavy Metal & Microbial Free

# Product Information

isho
Dietary
Meal Shake
Repas Diététique Frappé

## isho Dietary Fruity Juice

### Specification:

15 sachets/box, 31.5g/sachet

**Flavor：** Vanilla

### Direction to Use:

Mix with 250ml of room-temperature or cold water. Blend or shake vigorously.

isho
Dietary
Fruity Juice

## isho Dietary Fruity Juice

### Specification:

15 sachets/box, 14g/sachet

**Flavor：** Tropical Fruit juice

### Direction to Use:

Mix with 250ml of cold water. Drink after mixed.

Dieta
Fruity Juice
Jus Alimentaire Fruité

## Storage

Store in cool, dry place. Keep away from direct sunlight.

## Suitable for everyone

isholution for your whole family!

### Product Disclaimer

The products are not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by your physician, therapist or any other health care professional. Please consult a medical professional if you have questions about your medical health.