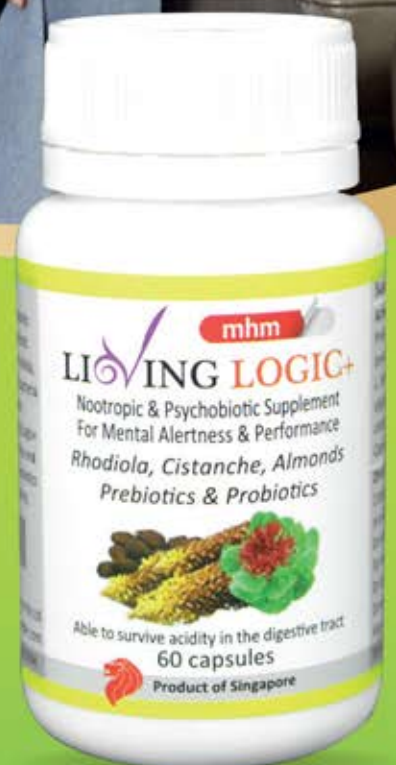




IDEAL FOR EVERYONE



**Asia's first
plant-based
prebiotic & probiotic
health supplement**



Why Chronic Illnesses Are On The Rise

Despite advances in medical technology, chronic illnesses such as metabolic syndrome (diabetes, high cholesterol, hypertension etc), neurodevelopmental disorders (ADD, ADHD, ASD etc), anxiety & stress, neurodegenerative disorders (dementia, Alzheimer's disease etc) and gastrointestinal illnesses (IBS, celiac disease etc) are on the rise.

More people are now aware that the rise of chronic illnesses is linked to the microbes in our body.



The Microbiome

Our bodies are home to trillions of microbes with the largest number of microbes living in our gut. Collectively, they are called the **microbiome**. They perform many beneficial functions for our health and well-being. They prime & fine-tune our immune system, protect our bodies from pathogens and infection, digest food and harvest energy from the eaten food, and also synthesize essential nutrients which our bodies cannot make.

In a healthy person, the microbiome contains the right types of microbes in the right numbers and ratios. Unfortunately, this balance can be disturbed by negative factors such as increased exposure to unhealthy products, highly-processed food & drinks, alcohol, tobacco, workplace stress and pressure, and wider social & environmental changes that limit and reduce physical activity. This condition is called dysbiosis and may lead to the rise of inflammation in different parts of the body. Depending on the location and severity of the inflammation, the body may suffer the onset of different chronic illnesses.

What Can We Do About It?

The good news is that dysbiosis can be reversed. Besides mitigating the negative factors by adopting a healthier lifestyle, the reversal can be accelerated by taking good probiotic supplements. Studies have shown that ingesting beneficial bacteria do significantly improve and protect intestinal cells. This in turn will help reduce the effect of dysbiosis, reduce inflammation and restore body functions.



Our Technology

For the past 20 years, Freshwerkz has been formulating probiotic supplements called **phyto-synbiotics**. They are produced by fermenting combinations of different plants with healing properties to address specific chronic conditions. The proprietary fermentation process amplifies the benefits of the healing plants by increasing the bio-availability and absorption of their phytonutrients. It also produces **prebiotics** which play a major role in nurturing beneficial bacteria in the gut and **probiotics** which are able to



survive stomach acid and maintain proper body functions. Both prebiotics and probiotics help to improve digestion, maintain gut health and boost the immune system.

Our Products

PROVIE G

ProVie G contains fermented bitter gourd and moringa oleifera which are known for maintaining healthy levels of

- blood glucose,
- cholesterol and
- blood pressure

Living Logic+

Living Logic+ contains fermented rhodiola, cistanche and almond which are known for their healing properties for

- neurodevelopmental disorders
- neurodegenerative disorders
- stress & anxiety



For Glucose, Cholesterol & Blood Pressure Support

TESTIMONIAL

“My mum has been diagnosed as diabetic for the past 15 years. At a high, her HbA1c reached 13%. She's on medication and her HbA1c level does not go below 8.5%. She is 80 years old and semi-mobile. I saw the advertisement of ProVie G, and decided to let my mum try it. After 6 weeks, the doctor measured her HbA1c at 7.4%. The doctor reduced her medication by 1 tablet. I was so glad that I shared it with all my friends. Some friends have started taking and hopefully I will hear more good news”.

- Mary Tan, Healthcare Industry Worker

● **Latest Update:** six months later, Mary's mum's HbA1c is at 6.4%.



ProVie G is effective for metabolic syndrome. ProVie G has been tested in a hospital setting and is shown to be effective, fast acting and safe in supporting blood glucose and cholesterol levels in the body.

BENEFITS

- ✓ Support for healthy levels of glucose, cholesterol and blood pressure
- ✓ Support for healthy liver function
- ✓ Enhancement and maintenance of gut health and general immunity
- ✓ Fermented to make nutrients more available & easily absorbed
- ✓ Ability to survive acidity in the digestive tract



* For maintenance, take 1 capsule of ProVie G everyday.
For higher than normal glucose levels, take 2 capsules per day.

For ADD, ADHD, ASD

TESTIMONIAL

“ My son used to be hyperactive, had very little verbal and engagement, could not sleep well and often woke up in middle of night to sing or play. Concentration in school was poor as he was sleepy in class. We, as parents, were also exhausted and worn out.

After taking Living Logic+ for about 5 days, we could see a difference in our son. He was more regulated in his circadian rhythm, could sleep early and well for 9 hours, and wake up fresh. His teachers commented that his focus and concentration were much improved. He was more willing to engage in verbal communication and share his interests with teachers and peers.

His constipation also went away and he has good bowel movements without flatulence. He is now a happy boy, doing well overall.

We will continue to monitor his progress. I encourage other parents to give Living Logic+ a try. I am convinced that having a good healthy gut flora is very important for good overall health”.

- Mr K T Tan, Business Consultant



Living Logic+ contains rhodiola, cistanche and almond, plants known for their ability to boost production of neurotransmitters which are needed to maintain healthy brain and nerve functions.

Rhodiola and cistanche have been widely documented to boost mental performance, increase energy, physical endurance, alleviate depression and anxiety, as well as elevate mood. They also have the ability to protect neurons in the nervous system from stress-induced cell death, due in part to their ability to help blood circulation in the body.

BENEFITS

- ✓ Supports development of the brain
- ✓ Enhances cognitive function and mental concentration
- ✓ Provides relief from tiredness, stress and anxiety
- ✓ Provides protection for the brain
- ✓ Enhances and maintains gut health and general immunity



* Take up to 2 capsules of Living Logic+ everyday in the morning.
Results vary depending on condition.

For Stress, Fatigue & Anxiety

TESTIMONIAL

“ I always feel tired during the day and have problems sleeping at night. A friend introduced Living Logic+ to me. After taking Living Logic+ for a few weeks, I find that I could better focus and concentrate during the day time and at night, I can sleep better and more soundly.

- Mr Yukio O., Japanese, Business Consultant



Living Logic+ is made from fermented rhodiola, cistanche and almond, plants known for their ability to maintain healthy brain and nerve functions.

A trial involving 30 local university undergrads was conducted. The undergrads took Living Logic+ daily for 2 weeks before their exams. The survey results showed that 67% of the undergrads could study better, sleep more soundly and experience less stress.

BENEFITS

- ✓ Supports development of the brain
- ✓ Enhances cognitive function and mental concentration
- ✓ Provides relief from tiredness, stress and anxiety
- ✓ Provides protection for the brain
- ✓ Enhances and maintains gut health and general immunity

* For best results, take 1 capsule of Living Logic+ everyday in the morning.

For the Elderly

TESTIMONIAL

“ My 86-year old mother, Sim Peck Choo, was diagnosed with dementia since 2014. She was prescribed Donepezil but it did not improve her condition. She is wheel chair bound and would not communicate with us.

In 2017, I started giving her ProVie G and Living Logic+ to supplement her medication. They have helped her because one year later, she is able to talk to us and her dementia has slowed down.

- Mr Koh Beng Tee, Retired Business Executive

Advancing age may bring about brain disorders such as Alzheimer's disease which can cause affected individuals to experience progressing memory loss, behavioural changes, and loss of physical functions.

Recent studies have shown that deprivation of fuel to the brain due to poor blood circulation and the inability of the brain to properly metabolize glucose may cause the destruction and death of brain and nerve cells, and eventually lead to Alzheimer's disease. Poor blood circulation could be caused by high cholesterol while poor glucose metabolism could be the result of high blood glucose levels in the body.

It is therefore important to maintain healthy glucose levels and blood circulation to delay the onset of Alzheimer's disease.

Living Logic+ contains fermented rhodiola and cistanche, plants which are known to improve blood circulation and supply of food to the brain. ProVie G contains fermented bitter melon and moringa which are known to support healthy levels of glucose and cholesterol.

For best results, take 1 capsule of Living Logic+ everyday in the morning and 1 capsule of ProVie G everyday in the evening on top of keeping an active and healthy lifestyle.



LIVE LIFE BETTER with Freshwerkz

Freshwerkz is a Singapore that treasures the quality of life, and believes in helping people maintain their health by overcoming daily challenges



Live Life Better

Improves health and quality of life



Better Absorption

Proprietary fermentation technology makes plant nutrients more easily absorbed



Tried and Tested

Product in market for over 10 years. Positive feedback from customers



Natural Ingredients

Made from plants with known healing properties



Fast Acting

Probiotics able to survive stomach acid and digestive tract
Better bowel movement within days



Home Grown

Researched for over 20 years and made in Singapore
Development supported by Spring Singapore

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For more information & testimonials, please visit our website www.myhealthmatter.com