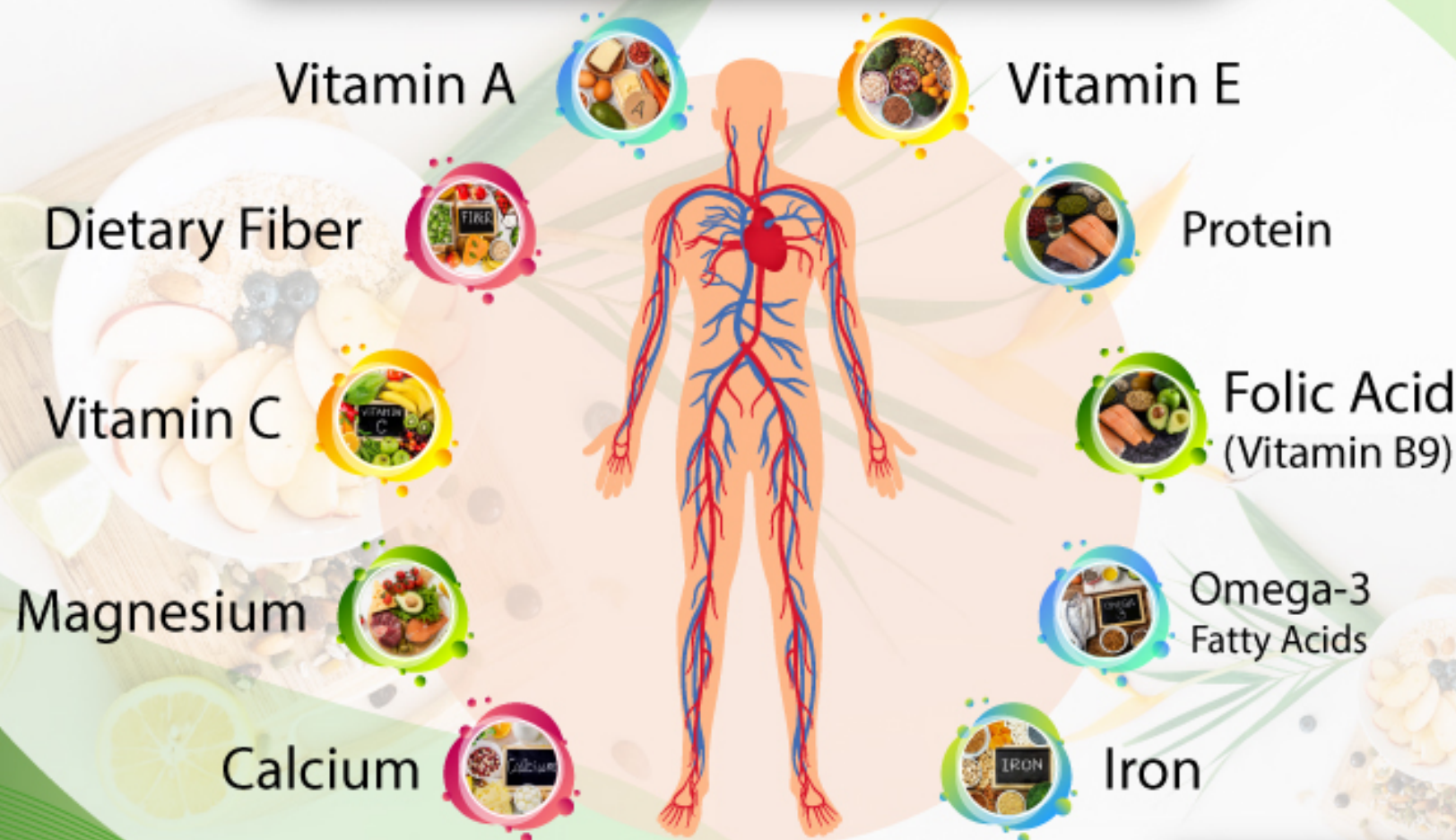


WELCOME!

STAY HEALTHY WITH PERFECT STEM CELL



Ton 10 Essential Nutrients for Your Body



KNOWING ABOUT YOUR BODY

Nutrition are important for our body for daily functions
Each organs requires nutrition



PROTEIN

Good for health
Develop muscles
Helps hormones,
antibodies and
substances



CARBOHYDRATES

Fuel your body (energy)
Support nervous
system and brain
Prevent disease



FAT

Two types:
healthy & non healthy
Good fat helps balance
blood sugar, prevent
heart disease Improve
brain function



KNOWING ABOUT YOUR BODY

Nutrition are important for our body for daily functions
Each organs requires nutrition



WATER

62% body weight
Improve brain
function and mood
Improve mood Flush toxins
Hydrate the body



VITAMINS

Requires to
function the body
13 essential vitamins
to function body
A, C B6 and D



5 PRINCIPAL CAUSES OF DEATH 2018

ISHAEMIC
HEART DISEASES



15.6%

PNEUMONIA



11.8%

CEREBROVASCULAR
DISEASES



7.8%

TRANSPORT
ACCIDENTS



3.7%

CEREBROVASCULAR
DISEASES



2.6%

WHAT ARE THE NON COMMUNICABLE DISEASES

Noncommunicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviours factors.

The main types of NCDs are cardiovascular diseases (like heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes.

Approximately 32 million global death from NCD comes from low and middle income countries.

COMMUNICABLE DISEASE VS NON-COMMUNICABLE DISEASE

COMMUNICABLE DISEASE

Infected or transmissible disease through other human or animals

DATA

01

||| INFLUENZA

DATA

02

||| HIV / AIDS

DATA

03

||| EBOLA

TOP CURRENT: COVID-19

NON-COMMUNICABLE DISEASE

Chronic diseases that is develop by the individual body



||| HEART ATTACK



||| KIDNEYS



||| DIABETES



||| CANCER

15 Main Ingredients of L care plus



Aquamin



Ashgandha



A.F.A



Astaxanthin



Vit-c (Aa)



Apple Stemcell



Bee Propolis



Bilberry



Goji Berry



Collagen



Pomegranate



Salmon Ovary
Peptide



Kiwi



Soursop



Strawberry

APPLE STEM CELL



Stem cells are super unique in that they have the ability to go through numerous cycles and cell divisions while maintaining the undifferentiated state. Primarily, stem cells are capable of self-renewal and can transform themselves into other cell types of the same.

FISH COLLAGEN POWDER

ANTI AGING

In recent years, collagen supplements have exploded in popularity—and with good reason, as there are some major proposed benefits tied to them. It has been hypothesized that if humans ingest collagen from outside sources, it will support and optimize our well-being and address physiological needs posed by aging and exercise.



BEE PROPOLIS



Propolis and its extracts have numerous applications in treating various diseases due to its antiseptic, anti-inflammatory, antioxidant, antibacterial, antimycotic, antifungal, antiulcer, anticancer, and immunomodulatory properties.

BILBERRY



Close related to blueberries. Rich in antioxidant. Reduce in inflammation and blood sugar level. Improve vision and heart health.

POMEGRANATE



Healthiest fruit, antioxidants, contains important nutrients- fiber, protein, vitamin c & k potassium, calcium. Prevents heart disease, digestion cancer.

STRAWBERRY



The quality marks for strawberries are linked to their appearance (color, type, shape, free of any defect) and also to firmness, taste, scent and nutritional value. The optimal levels of moisture in storage range from 90 to 95%. The maturation criteria are based on the color of the surface of the berry.

KIWI



Vitamin C, K & E, acid amino and antioxidant.
Best for skin protection.

Antioxidants - including vitamin C, choline, lutein, and zeaxanthin - help remove free radicals from the body. Free radicals are unstable molecules that the body produces during metabolism and other processes.

SOURSOP



Provides good amount of fiber vitamin b1, b2, and c, acid amino, calcium, carbohydrate, potassium. Helps kill cancer cells, fight bacteria, reduce inflammation, stable sugar level.

GOJI BERRY

9 Health Benefits Of Goji Berries

Very Nutritious

Excellent Source of Antioxidants - Reduces Blood Sugar Levels - May Have Anti-Aging Benefits - May Help Prevent Cancer Growth - May Improve Blood Sugar Control - May Boost Energy Levels - May Help You Lose Weight - May Improve Cholesterol Levels

In Asla, goji berries have been eaten for generations in the hope of living longer.



AQUAMIN



Aquamin Is A Natural, Marine-derived, Multimineral, From The Lithothamnion Species Of Red Algae, Rich In Calcium, magnesium, Zinc, Iron And Selenium As Well As 72 Other Trace Minerals. It Is Crafted Naturally In The Sea, Providin, Bioavailable Minerals In The Same Ratios As Needed For Optimal Use By The Human Body.

ASHGANDHA



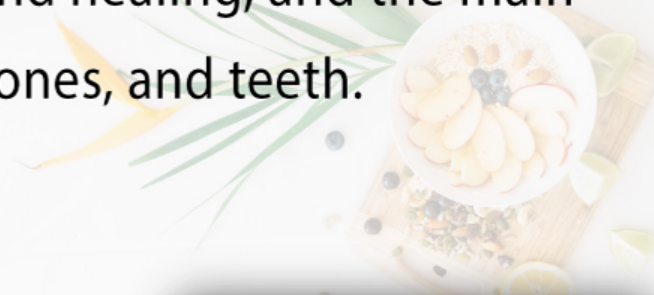
Here's A Dozen Proven Health Benefits Of
Ashwagandha - Medicinal Use In Ayurveda . Reduces Blood
Sugar Levels - Anti-Cancer Properties - Reduces Cortisol
Levels - Reduces Symptoms of Depression

- Reduces Stress and Anxiety - Boosts Testosterone and
Increases
Fertility in Men - Increases Muscle Mass and Strength

ASCORBIC ACID (PURE VITAMIN-C)



Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.



A.F.A



Organic clinical proven that reproduce cell inside the body. Helps to boost immune system, improving memory, prevent heart disease, improve digestion.

ASTAXANTHIN

Reddish pigment called carotenoid which occurs naturally in certain algae. High in antioxidant that helps protect cells from damage.



SALMON OVARY PEPTIDE



Produce from fish salmon usually found in Japan. Provide anti - aging effect extends to various functions, from moisturizing, whitening, repairing, defending and preserving the skin.

THANK YOU

FOR STAYING WITH L CARE PLUS

