



Health and Nutrition





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Our exclusively developed portfolio of nutritional supplements goes hand-in-hand with the QNET philosophy of life enhancement and well-rounded healthy living... inside and out.

Introduced with our customer in mind, this selection of very high-nutritional quality and vitality brands provides you and your family a way to live a healthy and balanced life.



Vitality When You Need It

NutriSky® is a botanical beverage mix containing *Swietenia Macrophylla*, a fruit with a high concentration of flavonoids and saponins. These two exceptional groups of nutrients blend together with a synergistic effect to enhance stamina and vitality by improving blood circulation, while also invigorating and fortifying the body.

The Origins of *Swietenia Macrophylla*

For more than 1,000 years, *Swietenia Macrophylla*, a rare tropical fruit rich in flavonoids and saponins, has been consumed by natives for its healing and vitality properties. By the 1990s, a five-year research effort eventually succeeded in processing the fruit into a concentrated health food extract.

Swietenia Macrophylla is the fruit of an evergreen tree belonging to the *Melia* family, and grows in tropical countries such as the Solomon Islands, where the climate is ideal and free from environmental pollution. *Swietenia Macrophylla* also offers a valuable blend of natural proteins, vitamins, carbohydrates, enzymes, dietary fibres, fats, minerals, and various essential nutrients that can be readily assimilated by the human body to give remarkable benefits.

Key Benefits of Saponins

- Improves your vitality.
- Enhances your immune system.
- Strengthens the function of your heart.

Key Benefits of Flavonoids

- Improves blood circulation and stamina.
- Provides protection against oxidative and free-radical damage.
- Lowers fat build-up in the blood stream.



Promotes Blood Circulation and Boosts Your Vitality

Swietenia Macrophylla is the most important ingredient in NutriSky®, which has beneficial effects due to saponins and flavonoids, acting in synergy to promote your vitality and stamina.

Saponins have demonstrated in vitro anti-elastase and anti-hyaluronidase activities, useful for the protection and treatment of vein insufficiency. Saponins inhibit the hyaluronidase activity in a non-competitive, dose-dependent way. The stimulating action of saponins on blood circulation is reinforced by the flavonoids. The main activity attributed to flavonoids is that they act as vein active agents, namely that they reduce the permeability and increase the resistance of blood capillaries. This results in a boost to your vitality.

Ingredients

Maltodextrin, Fructus *Swietenia Macrophyllae*, Psyllium Husk, Vege Powder, Permitted Flavouring, Frutafit, Soluble Fibre, Lemon Juice Powder and Stevia (12 g per serving).

Suggested Applications

- ½-1 sachet when needed.
- Mix with 200 ml of water.
- Stir and serve.

www.nutrisky.com

Pathman Senathirajah Managing Director The V

“My professional calling as international trainer and speaker entails hours of running events and being on stage, compounded with transatlantic travels. I have been doing this for nearly a decade and there have been countless times when my body has succumbed to exhaustion and the usual physical wear and tear. And then I discovered NutriSky®. Packed with natural energy-boosting ingredients, NutriSky® has greatly improved my stamina and endurance. Today, not only do I feel twice as energetic when I go onstage, I still have energy to spare for golf. NutriSky® is an unbelievable product by which I and a lot of people swear by. If you want vitality on the go, all you need is a pack of NutriSky®.”



Olé

Olive Leaf Extract



Olé Olive Leaf Extract is your everyday solution to get a boost of five times more antioxidants than traditional Vitamin C supplements. Its effective absorption into your body is made easy by its consumable liquid form. Just simply pop a spoonful into your mouth or add to your favourite food or drink!

Olive Leaf Extract Your Natural Bodyguard

Without a sufficiently performing immune system, your body is vulnerable to any sickness, disease or illness that comes its way. But while your immune system is busy protecting your body, what is protecting your immune system?

Olive leaf extract is widely considered the ultimate natural defender of your immune system, containing 400% greater antioxidant capacity than Vitamin C, and up to 40 times more polyphenolics than extra-virgin olive oil.

With its high content of antioxidants and polyphenolic capacity, olive leaf extract is a powerful combatant against free radicals.

The Source of Goodness

The use of olive leaf extract is steeped in history, with affirmative scientific tests dating back to the 19th Century. The extract from olive leaves contains various trace elements that are vital to good health, including Vitamin C, iron, zinc, selenium, chromium, betacarotene, and a wide range of important amino acids. Olive leaf extract is also a rich source of antioxidants. Traditionally, olive leaf extract has been used to treat fevers, cold and flus, common coughs and asthma.

Antioxidants and the Fight Against Free Radicals

When we inhale oxygen, our body's cells use that oxygen to produce energy, which produces free radicals as a natural by-product. Free radicals are molecules that have lost one of their electrons, therefore rendering them unbalanced and highly reactive. These free radicals then cause damage to our bodies, called oxidative damage. On top of this, poor diet, excessive exposure to the sun, pollution, and substances such as alcohol and

cigarettes also create free radicals that further damage cells.

Antioxidants prevent or slow the oxidative damage to our body and also repair cell damage. They also help prevent the signs of aging by reducing cell degradation and by assisting in the prevention of a number of degenerative diseases.

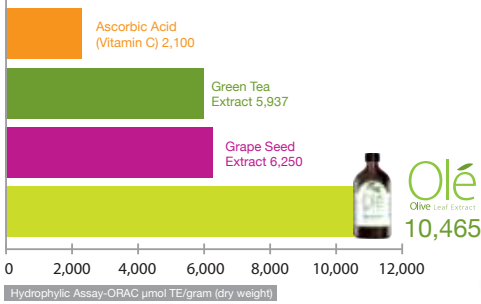
Olive leaf extract is a significant source of antioxidants, and is scientifically proven to contain five times greater antioxidant capacity than Vitamin C and has almost double the power of Green Tea Extract and Grape Seed Extract, which are both well known as popular sources of antioxidants. Further, fruits that are generally associated with being high in antioxidants, such as cranberry and raspberry, contain only a minute fraction of antioxidant power when compared to fresh-picked olive leaf extracts.



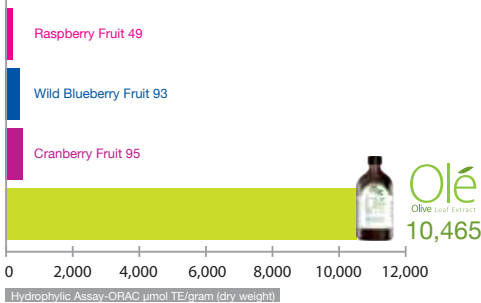


COMPARISONS WITH ANTIOXIDANT FRUITS & SUPPLEMENTS

Oxygen Radical Capacity (ORAC) $\mu\text{mol TE}/\text{gram}$



Oxygen Radical Capacity (ORAC) $\mu\text{mol TE}/\text{gram}$



Polyphenolic Antioxidants and Flavonoids

Olive leaf extract contains a broad spectrum of polyphenolic antioxidants, which have very strong free radical-fighting properties. The main phenol in olive leaf extract, oleuropein, has been found to strengthen the immune system, and research shows it has a positive hypotensive effect in vivo (in body) and displays strong antioxidant activity. Combined with the many phenols in olive leaf extract are flavonoids, the most active being the antioxidant-strong rutin, catechin and luteolin.

Antimicrobials

Among the many phenols found in fresh-picked olive leaf extract is hydroxytyrosol, which is a catechol derivative of oleuropein. Both oleuropein and hydroxytyrosol are powerful antimicrobial agents against a variety of viruses, bacteria, yeasts and fungi. Hydroxytyrosol in particular is known for its wide spectrum of antimicrobial effects.

The Herxheimer Effect

Sometimes when people start taking cleansing supplements that fight free radicals and microbes, they may experience unwanted, but harmless short-term symptoms, such as fatigue, mild headaches, muscle or joint pain, or minor rashes. This is because the supplement is 'cleansing' the body and killing off unwanted pathological microbes. The body has begun its natural healing process to get rid of these toxins with the help of the supplement.

This is called the 'healing effect', or the 'Herxheimer Effect'.

Not everyone will experience the Herxheimer Effect, but for those who do, it is important to remember that it is completely normal and will not last long. These symptoms simply indicate that the supplement has begun its work and is effectively eliminating some of the causes of ill health.

Many health practitioners recommend drinking plenty of water in between doses of the supplement, especially in the first couple of weeks. This helps keep the lymphatic system and the kidneys functioning properly and makes them more capable of handling the excess toxins.

The Role of Herbal Alternatives in Modern Medicine

Of recent concern is that the widespread use, and possibly over use, of current antibiotics and prescription drugs – once hailed conventional medicine's most powerful weapons – is actually causing the targeted microbes to become more resilient, resulting in mutating illnesses that elude the effect of antibiotics.

The natural aspect of the medicinal potential in plants, such as the olive leaf, makes their use complementary and advantageous to a healthy lifestyle.



Over 500% more TAC than the Leading Fruit Juices

The Total Antioxidant Capacity (TAC) of Olé is 500% greater than the leading antioxidant 'super juice'.

Pure and Natural Ingredients

Olé contains no artificial flavours, colourings, preservatives, alcohol, sugar, lactose, starch, yeast, gluten, or animal products.

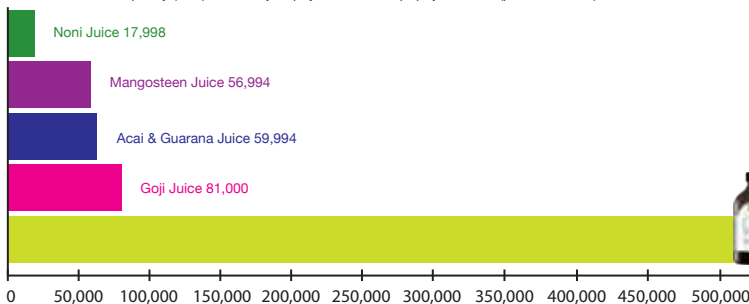
Quality Control Recognition

Recognition, listing and/or certification by a number of governing bodies, including:

- o Good Manufacturing Practice (GMP)
- o Australian Register of Therapeutic Goods (ARTG)
- o WHO Guidelines on Good Agricultural and Collection Practices of Herbal Medicines (GACP)
- o Halal-Certified Facility by Gold Coast Halal Certification Services

COMPARISONS WITH ANTIOXIDANT "SUPER JUICES"

Total Antioxidant Capacity (TAC) TAC = Hydrophylic ORAC + Lipophylic ORAC (µmol TEL/Litre)



Total Antioxidant Capacity-(TAC) µmol TEL/Litre

Key Benefits

- Supports your immune system.
- Minimises free radical damage to your body's cells caused by pollutants, prolonged exposure to the sun, poor diet, and substances such as alcohol and cigarettes.
- Assists the maintenance of good health year round with daily doses.
- Lessens the damage caused by oxidation, which occurs whenever we breathe in oxygen.

Suggested Applications

Adult: 1 teaspoon (5 ml) 2 to 3 times a day with meals.

Child: ½ teaspoon (2.5 ml) 2 to 3 times a day with meals.

- Pour Olé onto a teaspoon and consume straight from the bottle for quick and easy consumption.
- Mix one teaspoon of Olé with your fruit juice or other beverage; mix only half a teaspoon for children.
- Store below 30°C to ensure the integrity of Olé.
- Drink plenty of water in between your doses of Olé.
- Add a teaspoon of Olé directly to your food; add only half a teaspoon for children.

That's 500% better than 2nd place!...



Olé
Olive Leaf Extract
507,184

“Dr Sulaiman points out the natural power of Olé to promote overall health...”

Dr Zaitun Sulaiman, PhD Psychology

Practising Psychotherapist
Board Certified in Anti-Aging (A4M)

Dr Zaitun Sulaiman holds a PhD in Theocentric Psychology from La Salle University, USA. She is board certified in Anti-Aging from the American Board of Anti-Aging & Regenerative Medicine (A4M) and pursues certification in hormone therapy.

She is also a CEO for Complementary Therapies Academy (Asia) Sdn Bhd and a course facilitator specialising in providing soft skills training in the art of managing people for the corporate and government sectors since 1994. The academy also offers professional qualifying and upgrading training programmes for health practitioners in the field of complementary medicines.

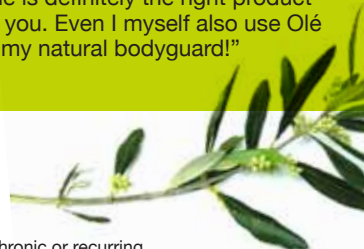
“Our bodies need large doses of Vitamin C to alleviate the body’s normal response to stress and we need it from the food we eat. We are very lucky to have Olé Olive Leaf Extract containing various trace elements that are essential to good health such as Vitamin C, iron, zinc, selenium, chromium, betacarotene as well as various vital amino acids. Olé Olive Leaf Extract is an excellent choice as it contains 400 per cent greater antioxidant capacity than Vitamin C!

“One of the best things about Olé Olive Leaf Extract is that it comes in liquid form which helps your body to absorb



minerals, vitamins and nutrients into the blood stream more effectively than any capsule or tablet form that are sold in the market.

“Olé is definitely the right product for you. Even I myself also use Olé as my natural bodyguard!”



Warning

Do not exceed suggested quantities. If you are pregnant, nursing, or if you have any chronic or recurring symptoms or illness, please consult a health care professional or your medical practitioner before using this product.

Disclaimer

This product is intended for use in conjunction with a healthy diet and sufficient exercise to maintain general good health. It is not intended for use in the treatment, cure or prevention of any illness or disease. This product is not meant to replace the advice of any physician, doctor or medical practitioner. If you experience any discomfort from using this product, immediately consult your doctor.

www.ole-leaf.com

Did you know?

The extract from olive leaves contains various trace elements that are vital to good health, including Vitamin C, iron, zinc, selenium, chromium, betacarotene, and a wide range of important amino acids. Olive leaf extract is also a rich source of antioxidants. Traditionally, olive leaf extract has been used to treat fevers, cold and flus, common coughs and asthma.



Greek Salad

Tasty Source of Antioxidants

The Greek Salad is known and enjoyed around the world. It is a common addition to any Greek meal and also wonderful on its own or with any meal. Many cuisines have adopted the dish, and it can be found in many restaurants as an appetizer, side dish or main course. Hopefully this recipe will help you achieve the big bold authentic flavours that it's known for. The trick is to pay attention to the small details that make it so wonderful: things like finding juicy tomatoes, crisp cucumber, good Greek olive oil, beautiful olives, creamy feta and lovely herbs, and of course, add the Olé Olive Leaf Extract to your dressing to make the salad more beneficial for your health.

Makes 4 servings Ingredients

- 1 medium ripe tomato
- 200 g ripe cherry tomatoes
- 1 medium red onion
- 1 cucumber
- 1 green pepper
- A handful of fresh dill
- A handful of fresh mint leaves
- 1 cup Kalamata black olives
- 200 g block of feta cheese
- ¼ cup extra virgin olive oil
- 3 teaspoons red wine vinegar
- 1 teaspoon Olé Olive Leaf Extract
- ½ teaspoon dried oregano
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon sea salt

Instructions

1. Cut your medium tomato into wedges and halve the cherry tomatoes. Put all the tomatoes into a large salad bowl. Slice the red onion very finely so it's wafer thin and add to the tomatoes. Scratch a fork down the sides of the cucumber so it leaves deep grooves in the skin, then cut it into thick slices. Deseed your pepper, slice it into rings and add them to the salad along with the cucumber.
2. Roughly chop the dill and most of the mint leaves, reserving the smaller ones for garnish. Add the chopped herbs to the bowl of salad, then squeeze your black olives over so they season the vegetables, then drop them in.
3. Combine extra virgin olive oil, red vinegar, dried oregano and Olé Olive Leaf Extract in a small plastic container with a lid. Shake vigorously to mix everything together and pour over salad. Season with salt and black pepper and let the salad marinate until ready to serve.
4. To serve, add sliced feta cheese right on the top of the salad. Sprinkle the oregano over the top along with mint leaves, drizzle with extra virgin olive oil and take it straight to the table.



FibreFit

More Soluble Fibre Than 10 Bowls of Oatmeal



FibreFit is a 100% natural soluble dietary fibre that is made from an organic plant source called Gum Acacia. It is rich in prebiotics that help our intestinal stimulation of friendly bacteria, thus maintaining a healthy digestive system. With its high calcium content, FibreFit also helps promote stronger bones and teeth, hence being an all round dietary winner.

An Essential Part of a Healthy Diet

There are two types of dietary fibre that are important for good health.

- **Soluble fibre.** This type of fibre dissolves in water to form a gel-like material. There is some evidence that soluble fibre may lessen heart disease risks by reducing the absorption of cholesterol into the bloodstream. You can find a percentage of soluble fibre in whole oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.
- **Insoluble fibre.** This type of fibre promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts and many vegetables are good sources of insoluble fibre.

Health Benefits of a High-Fibre Diet

- Helps prevent constipation
- Lowers your risk of digestive conditions
- Helps lower blood cholesterol levels
- Helps control blood sugar levels
- Assists in weight management

Are You Getting Enough Fibre?

How much fibre do you need? Through extensive research, scientists have determined that an average person should consume approximately 25-38 grams of fibre per day (or 10-13 grams per 1,000 calories), of which at least 5-10 grams should be soluble fibre. According to the Dietary Guidelines for Americans, eating fibre is important for efficient bowel function and can reduce symptoms of chronic constipation, haemorrhoids, and other digestive disorders such as diverticulosis. There is even some evidence to suggest that a high-fibre diet can reduce the risk of certain types of cancer, such as colon cancer.

Food Source Soluble Fibre Comparison*



3 sachets
(Daily dosage for adults**) =
Soluble Fibre: 15.06 g

Serving Size: 1 medium | Soluble Fibre: 0.34 g

More Soluble Fibre Than
44 Dried Prunes

Serving Size: 1 medium | Soluble Fibre: 1.1 g

More Soluble Fibre Than
13 Carrots

Serving Size: 1 cup | Soluble Fibre: 0.4 g

More Soluble Fibre Than
37 Cups of Blueberries

Serving Size: 1 cup | Soluble Fibre: 0.6 g

More Soluble Fibre Than
25 Cups of Red Cabbage

Serving Size: 1 bowl | Soluble Fibre: 1.4 g

More Soluble Fibre Than
10 Bowls of Oatmeal

Serving Size: 1 cup | Soluble Fibre: 0.1 g

More Soluble Fibre Than
150 Cups of Iceberg Lettuce

Serving Size: 1 cup | Soluble Fibre: 2.4 g

More Soluble Fibre Than
6 Cups of Broccoli

Serving Size: 1 slice | Soluble Fibre: 0.3 g

More Soluble Fibre Than
50 Slices of Whole Wheat Bread

Serving Size: 1 medium | Soluble Fibre: 1.0 g

More Soluble Fibre Than
15 Apples

Serving Size: 1 medium | Soluble Fibre: 0.93 g

More Soluble Fibre Than
16 Dried Figs

*Adapted from Anderson JW. *Plant Fiber in Foods*. 2nd ed. HCF Nutrition Research Foundation Inc, PO Box 22124, Lexington, KY 40522, 1990.

**2 sachets in the morning and 1 sachet in the evening.





Add FibreFit to Your Diet

FibreFit contains exudates of Gum Acacia Senegal and Acacia Seyal trees of the Savanna that are about 85% (by weight) soluble fibre. FibreFit provides you the daily soluble fibre your body needs. FibreFit is 100% natural soluble dietary fibre that has no added sugar, artificial sweetener, colours, flavours or additives.

Besides being high in soluble fibre, FibreFit is high in calcium that helps to support development of strong bones and teeth.

FibreFit is made from Gum Acacia, a natural plant source that is rich in prebiotics. Prebiotics are responsible for stimulating growth and activity of beneficial bacteria within the intestinal flora. This is crucial for overall pH balance and maintenance of a healthy digestive system.



FibreFit is Halal Certified.

Suggested Applications



- FibreFit dissolves faster in warm liquids and is also soluble in cold water, fresh citrus juices, coffee, and milk.



- To be sure FibreFit fully dissolves, add 1 or 2 sachets into your drink while stirring briskly.



- FibreFit is tasteless, odourless and does not thicken. FibreFit can be easily introduced into a variety of foods, without any texture or taste modification in the finished product. Simply sprinkle FibreFit on your meal to increase your fibre intake.



- FibreFit is highly heat resistant, which makes it suitable for pastry, confectionary, etc. It is also resistant to yeast fermentation, therefore it can be used when baking breads, cakes, etc. It keeps its nutritional properties intact during the process and throughout its shelf life.



- To retain the integrity of this product, store in a cool dry place and see side of pack for expiry date.

Disclaimer

If you have intestinal problems or diabetes, consult your doctor before adding a fibre supplement to your diet. Also, ask your doctor or a pharmacist whether a fibre supplement may interact with any medications you take.

www.fibrebit.net



Did you know?

- Strawberries contain a range of nutrients, with Vitamin C heading the group. They also provide an excellent source of Vitamin K and manganese, as well as folic acid, potassium, riboflavin, Vitamin B5, Vitamin B6, copper, magnesium, and omega-3 fatty acids. In addition to these beneficial nutrients, strawberries are packed with significant levels of phytonutrients and antioxidants, which help fight free radicals that damage our cells.
- A single banana contains an astounding 400 mg of potassium – one of the most important nutrients to keep your heart and nervous system healthy. Scientific studies from the American Heart Association, the University of Maryland Medical Center, and Colorado State University have shown that diets that are low in potassium often result in high blood pressure and an increased risk for strokes. The daily recommended amount of potassium is 4 g which can easily be reached by eating one or two bananas in a day.
- Besides being high in soluble fibre, FibreFit is high in calcium that helps to support development of strong bones and teeth. FibreFit is made from Gum Acacia, a natural plant source that is rich in prebiotics. Prebiotics are responsible for stimulating growth and activity of beneficial bacteria within the intestinal flora. This is crucial for overall pH balance and maintaining a healthy digestive system.

Healthy Strawberry Banana Smoothie

Time To Detoxify Your System

Smoothies can make the most nutritious and delicious meals on earth. Healthy fruit smoothies are loaded with phytonutrients, vitamins, minerals, enzymes, and fibre that will do wonders for your health and build up your body's defenses against disease.

When fruits are blended, the plant fibres are broken down just like when you chew them; the blender literally does most of the "chewing" for you. And chewing food more thoroughly means that you'll absorb more of the nutrients.

There is nothing like a delicious breakfast smoothie to help give your body a real boost in the mornings. Not only is this an easy recipe to make, but the combination of strawberries and banana create an excellent low fat smoothie recipe when you don't have a lot of time to eat a full breakfast.

Makes 3 Servings Ingredients

300 ml 1% low-fat milk
250 g hulled strawberries
1 peeled and roughly chopped banana
15 ml honey
150 ml natural yogurt
1 sachet of FibreFit

Preparation

1. Place all the ingredients into a blender and blend until smooth.
2. Adjust the sweetness according to your taste.
3. Pour into serving glasses and serve.

Nutritional information for one serving

Calories: 137
Calories from fat: 18
Total fat: 2 g
Cholesterol: 7 mg
Sodium: 54 mg
Total carbohydrate: 32.2 g
Dietary fibre: 7.7 g
Protein: 5.1 g





VEXTA

Thousands of years of Chinese wisdom are now encapsulated into a single tablet. With the intake of VEXTA's natural herbal blend and healthful blue-green algae, you can begin to feel the efficacy of its stamina-boosting properties immediately, making you feel like an emperor of today!

ABOUT VEXTA

An embodiment not only of ancient court recipes but also an improvement of them, VEXTA has the merit of improving the performances of emperors of today.

When modern day stresses exhaust one's physical stamina and the adrenal function is left depleted, this lack of energy often presents men with a limited capacity to perform and inspirations cannot be directed constructively.

INGREDIENTS

Each of VEXTA's carefully researched and selected Chinese herbs – **Rhodiola rosea**, **Cordyceps militaris**, and **Chinese chive seed** – has major active ingredients that are extracted naturally and combined with beneficial **Blue-Green algae** to produce a unique herbal supplement.



RHODIOLA ROSEA

The *Rhodiola rosea* root is a legendary adaptogen (a natural herb that increases the body's resistance to stress, trauma, anxiety and fatigue). The performance-enhancing effects of *Rhodiola rosea* are likely due to its capacity to reduce the body of stress chemicals which can impair men's healthy functionality.



CORDYCEPS MILITARIS

Cordyceps gained popularity during the 1993 Chinese National Games, when a team of nine Chinese athletes won nine world records and they attributed their extraordinary performance in part to the use of *Cordyceps*. *Cordyceps* is believed to replenish the Yin and Yang and and enhance the male function.



CHINESE CHIVE SEED

Chinese chive seed, also known as garlic chives or *Allium tuberosum*, is part of the Chinese diet and has been used as a natural supplement to treat a variety of health problems. It is regarded to have the capacity for warming the kidneys¹ and enhancing Yang which are both essential for the natural male balance.



BLUE-GREEN ALGAE

Blue-green algae, or its specific form, *Spirulina*, is hailed nature's most complete food form due to its highly concentrated nutritional and antioxidant content. It has been found to have many potential health benefits, which include cardiovascular and immune-stimulating effects.

¹ In Traditional Chinese Medicine (TCM), a medical system with a 4,000+ year history, the kidney organ-meridian system is known as the 'seat of vitality'. The kidney organ-meridian system may be thought of as comprising not only the physical organ itself, but also a set of energetic and physiological functions or activities. These activities according to the TCM theory form the basis for a human being's core vitality and state of health. In TCM, it is said the kidney function directly correlates with the male natural performance, and an excess of such may devitalize a man's kidney. A deficient kidney often manifests in men through a variety of ways including weakened natural drive, and/or impotence. A parallel diagnosis within the Western medical perspective may be that of low testosterone. The two views need not be contradictory as they both describe a similar reality albeit from a different perspective.

Suggested Applications

1 tablet per intake, ½ hour after meals.

**This is a traditional supplement. Please consult your doctor if symptoms persist.*

**Approved by the Malaysia Ministry of Health.*

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NutriSky®

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Olé

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FibreFit

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Health and Nutrition

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