

LiveUP

Astability Memento

助眠保健品

 **SKG**world



健康生活源于优质睡眠

一整夜辗转难眠，早晨却昏昏欲睡，这种情况已成为现代人的普遍烦恼。每10个大马人中，就有9人饱受着一种或数种睡眠问题的困扰。尤其是上班族，每天需要面对繁忙的生活节奏以及沉重的工作与生活压力，睡眠问题日益严重。睡眠问题是万病之源，人一旦长期持续性地失眠、睡眠不足或睡眠质量差，身心便无法获得适当的休息和恢复。

容易导致免疫力衰退、记忆力减退、注意力不集中、肌肤老化等问题，造成生活品质和日间功能的下降。

Astability Memento 助眠保健品，配方安全有效，可以透过改善脑部血液循环，让大脑及身体进入放松状态，进而有效地缓解压力和精神紧张、使情绪逐渐平稳以助人睡及改善睡眠品质。

你是否有这些睡眠问题？

1. 难以入睡
2. 多梦易醒
3. 起床后头昏脑涨

4. 早醒后无法续眠
5. 不能熟睡



主要成份：

绿茶萃取物 (Green Tea Extract)



绿茶中所含的天然L-茶氨酸，有助放松心情和舒缓焦虑感，使人易于进入睡眠状态。

蛋白浓缩物 (Protein Concentrate)



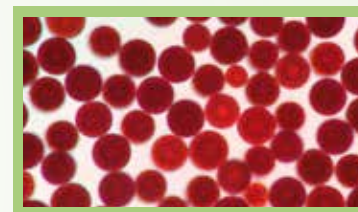
蛋白质中的色氨酸（必须氨基酸）可发挥镇静功效，诱发睡意。

银杏精华 (Ginkgo Biloba)



有助人体自然入睡。

虾青素 (Astaxanthin)



促进有助眠功效的褪黑素的分泌以及预防褪黑素被氧化。

适宜人群：白领族、中老年人以及压力大、轮班工作和失眠等人群。

*患有特殊健康问题者，建议先咨询医生的意见。

如何摄取：

将一包Astability Memento加入一杯150毫升室温水，搅匀即可享用。
每日一包（夜间服用）。



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SLEEP AID



Vibrant Health Begins with Quality Sleep

Do you suffer from restless sleep, whereby you keep tossing and turning in bed at night due to insomnia, but find yourself feeling sleepy in the daytime? Sleep problems are becoming increasingly common in modern society, with nine out of ten Malaysians suffering from one or more sleep disorders, particularly among office workers, who have to deal with the constant stress of a fast-paced lifestyle and a heavy workload every day.

Sleep disorders are the source of a broad range of health issues. People who suffer from long-term insomnia, lack of sleep or poor sleep quality, will not be able to get adequate rest required for physical and mental rejuvenation.

That could lead to a compromised immune system, memory loss, inability to focus, skin aging and other issues, resulting in a significant decline in quality of life as well as impaired daytime functions.

Astability Memento sleep aid is a safe and effective formula that can help to relax the mind and body by helping to improve the blood circulation in the brain. This effectively relieves mental stress and assist relaxation to encourage a restful sleep and enhance sleep quality.

Do You Suffer From Any Of These Sleep Problems?

1. Having difficulty falling asleep
2. Being frequently jolted awake by vivid dreams
3. Feeling light-headed and lethargic after getting out of bed
4. Unable to achieve restful deep sleep
5. Cannot get back to sleep after waking up too early



Main Ingredients:

Green Tea Extract



The natural L-theanine present in green tea helps you to relax and relieves anxiety, making it easier for you to fall asleep.

Protein Concentrate



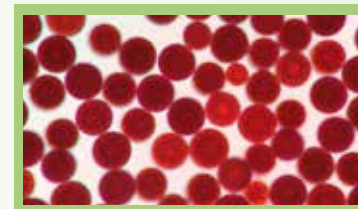
The Tryptophan (essential amino acids) found in proteins can exert a sedative effect and induce sleepiness.

Ginkgo Biloba



Helps the body to fall asleep naturally.

Astaxanthin



Promotes the secretion of melatonin which plays a role in regulating sleep and prevents melatonin from being oxidized.

Suitable for white-collar workers, middle-aged and elderly folk, as well as those with stressful or shift work and insomnia.

* Individuals with medical condition are advised to consult a healthcare professional before consuming Astability Memento.

Usage Instructions:



Add one sachet of Astability Memento to 150ml of room temperature water. Stir until completely dissolved and consume immediately. One sachet a day (taken at night).