

PRESENTATION

FSL002/F/07

Active ingredients: Organic wholesome concentrated soybean powder (with urinase enzyme being removed, urinase enzyme is key to uric acid formation), patented digestion resistant maltodextrin (Cornstarch derived Dietary Fibre), and non-GMO soy protein isolates. Only GRAS (generally rated as safe) raw materials are used in the product formulation. All materials used in the formulation are certified HALAL by their countries of origin.

Appearance: Light yellow powder

Product concept: Scientifically formulated palatable premixed organic based soybean powder consumed as a beverage for general wellness from the inside, beauty on the outside. Complete protein food for children's growth and vegetarians, for tissue repair in physical injuries or post-surgery. Rich in omega 3 fatty acid (in the form of alpha-linolenic acid of which to be converted to DHA and EPA in the body) and soy oligosaccharide as prebiotic to boost healthy and balance gut micro flora especially the *Bifidobacterium spp* for healthy bowel movements and immune system. EnerFlex™ is having optimum protein – carbohydrate ratio of 0.6 – 1.0.

Product usage: Dissolve 2 sachets of EnerFlex™ in approximately 200ml of warm water using a shaker or tumbler and shake in random directions. You may also dissolve it by stirring the powder with a fork. Once ready, consume the product immediately. For best result, consume with empty stomach in the morning or/and before bed. In 2001, a clinical observational study was conducted to evaluate efficacy of EnerFlex™ in cholesterol regulation. The study was conducted in 12 leading private hospitals involving 21 dyslipidemia patients (with and without CHD) followed up for 4 weeks by independent medical specialists comprising of consultant cardiologists, physicians, cardiothoracic surgeons and occupational physician. The Study showed that EnerFlex™ 2 x 20g twice daily significantly lowered Total Cholesterol (TC), LDL-C, Triglycerides (TG) and Diastolic Blood Pressures without any adverse reactions. The response rate to lower LDL-C with EnerFlex™ alone was 87% with an average reduction of 13% ($p < 0.01$). The average reduction of TC and TG were 11% ($p < 0.01$) and 28% ($p < 0.05$) respectively as compared to baseline.

Packing: 20g powder packed in aluminium sachet

Product quality and safety assurance: Non-toxic. No artificial flavours, food additives, colourings, solvents, preservatives and thickeners added. EnerFlex™ is produced in accordance to European International Quality Management System (UKAS ISO9001:2000) and compliance to Global Food Safety Standard (RvA HACCP – Hazard Analysis Critical Control Points) with zero cross contamination and certified free from Chemical (heavy metals such as arsenic, lead, tin, mercury, cadmium and antimony), Biological (Mycotoxin, Aflatoxins, Mold and Yeast, pathogenic bacteria) and Physical hazards. All ingredients used are toxin-free and generally rated as safe (GRAS) by US FDA and phosphorus content is negligible, free from oxalic acid with moderate amount of methionine and rich in folic acid and lecithin for renal health. Oxalic acid can potentially lead to kidney stone formation. The World Health Organization (WHO) has established that soy protein contains enough of all the essential amino acids to meet human requirements when consumed at the recommended level of protein intake, and is considered equivalent to animal proteins in quality. United States (1999) and United Kingdom (2002) FDA approved heart health claim of 6.25g soy protein as dietary recommendation to help lower the risk of cardiovascular disease via LDL-cholesterol lowering. Emerging research points to the beneficial role soy can play in a woman's diet, potentially protecting her from breast cancer and bone loss, alleviating hot flashes associated with menopause and even helping in weight management. These promising findings stem from research presented at the recent *Fifth International Symposium on the Role of Soy in Preventing and Treating Chronic Disease* in Orlando, Florida.

Shelf life and storage: 2 Years from the date of manufacturing – stored in cool and dry place and away from direct sunlight and moisture contact.

HISTORY OF EnerFlex™ – the asthma story

The EnerFlex™ product development was initiated in the early 90's by Mr. Kim Lin-Keong – a nutritionist, as a result of his search for natural, safe, palatable and effective functional food with the hope to cure his 26-year old of chronic asthma suffering since his age of seven. Prior to the era of EnerFlex™ development, Mr. Kim had tried various types of health food supplements such as mega Vitamins, garlic, fish oil, isolated soy protein, organic wholesome soybean, ginko biloba and traditional Chinese traditional medicines but failed to retard the progression of his asthma. Knowing the various benefits of soybean – One of the world's seven wonder foods, Mr. Kim decided to formulate his own remedy based on premium organic wholesome soybean concentrate and non-GMO isolated soy protein in 1992 based on the "Basic Science of Nutrition and focused mainly on Digestion, Absorption and Toxic Waste Disposal enhancement powered by balanced protein, carbohydrate, fatty acid, vitamins and minerals and nothing else." Unfortunately, the remedy did not work out as it was expected although Mr. Kim was taking it everyday for 7 consecutive years. Despite of disappointments, Mr. Kim did not give up his passion to search for the right remedy for his asthma cure, and reformulated EnerFlex™ by modulating the protein and carbohydrate ratio on 19 November 1999. 5 December 1999 was a memorable day for Mr. Kim as his work paid off with miraculous cure for his asthma since then until now. And, he has not consumed a single drop of cough syrup, a single dose of antibiotic, or a single tablet of anti-histamin. His stamina and complexion were further enhanced. Nevertheless, his family and the people around him are also staying healthier since then with EnerFlex™ daily and able to withstand 'haze attacks' and perform rapid recovery from flu. The exact mechanisms on how EnerFlex™ works is still unclear, but one thing for sure is unlike other soy products, EnerFlex™ seems able to neutralize stomach hyperacidity, improves healthy bowel movements, detoxifies and rejuvenates tissues (especially gastrointestinal tract and liver) and may be with some form of anti-inflammatory, modulation of sympathetic and parasympathetic nervous system and prebiotic properties.

Based on market feedback and experiences, Mr. Kim concluded that EnerFlex™ is unique and NOT ALL soy products work the same. There are various attributing factors that decide the efficacies and applications of soy such as harvesting and processing techniques, optimum protein-carbohydrate ratio toxin-free, uric acid and renal friendly organic wholesome soy constituents that make soy a powerful functional food for long term consumption to help elevating human health.

SAFETY AND ADVERSE REACTIONS – Non side effects responses

Safety in pregnant women not conducted. However, soy has been used as healthy food among pregnant mothers in China and Japan since 5000 years ago as good source of dietary protein for health and beauty. A small group of patients with chronic stomach hyperacidity might experience transient stomach hyperactivity with symptom of bloating due to sensitivity to lecithin when taken empty stomach. This condition is usually cleared after a few days with the product. If symptom persists, it is recommended to consume the product after meal. Physicians are advised to understand the Herring's Law of Cure as

there are healing reactions of which being misinterpreted as side-effects of the product. Among the signs include transient headaches, vomiting, body aching and sometimes with joint pain and swelling. Once the healing cycle is completed, the entire patient is transformed to a new leaf of live.

HERRING'S LAW OF CURE *(Hahnemann, Samuel: Organon of Medicine, Philadelphia. Pa., Boericke and Tafel, 1901)*

LAW NO.1 States that symptoms of a chronic disease disappear in a definite order in the reverse progression of symptoms based on the theory of inflammation in disease progression. The most recent symptom disappears first, and then an earlier symptom re-manifests only to abate when the proper remedy is given. The healing process continues as the body receives all essential amino acids for healing until all the unresolved disease conditions are eliminated, even though some may go back to early childhood. The moment the healing phase is reversed from the chronic phase to acute phase whereby inflammation takes place, symptoms such as headache, body ache, fever and joint pain might occur. The discomfort will be more significant from day to day until it reaches the peak and subsiding thereafter once the healing is complete. Law No.1 usually happens in patients with chronic gastritis, osteoarthritis, rheumatism arthritis, physical and sports injuries, and migraine.

LAW NO.2 States that the symptoms tend to move from the more vital organs to the less vital organs and from the interior of the body toward the periphery or skin. Healing is from Inside-Out. This Law functions because of the body's attempt to preserve itself. If a disease that produces morbid matter can't be eliminated, the body tries to deposit the residues of this condition in harmless area where possible. The skin is one of the safest, but the body also frequently uses the various connective tissues and joints for this purpose. Law No.2 happens in patients with acute and chronic hepatitis, history of stomach and peptic ulcer, and sometimes in chronic constipation. Symptoms include headaches, abdominal cramp and back ache. These symptoms are just temporarily and should not be regarded as product side effects.

LAW NO.3 States that the symptoms move from the top of the body than downward, disappearing first from the head, then from the thigh to the knee, ankle, and foot. We frequently encounter this last pattern, wherein the pain will go from the abdomen into the hip, then thigh, then knee and then in and out the foot. The functioning of the Third Law is based on the principle similar to and is a symptomatic extension of the Second Law. Its nature is important to the physician and the patient.

AVERAGE NUTRIENTS ANALYSIS FOR **EnerFlex™** ORIGINAL –based on random sample test

| Nutrient | Average analysis Per 20g powder | Specifications | Nutrient | Average analysis Per 20g powder | Specifications | Nutrient | Average analysis Per 20g powder | Specifications |
|--|---------------------------------|----------------|--------------------------------------|---------------------------------|----------------|--------------------------------------|---------------------------------|----------------|
| Total Carbohydrate <i>(mainly oligosaccharide)</i> | 8.4g (42%) | 40–60% | Protein–Carbohydrate Ratio | 0.83 | 0.6 – 1.0 | Non Essential Amino Acids (L) | | |
| Total Sugar | 1.4g (7%) | <10% | pH @ 29.5°C | 7.0– 7.5 | 7.0– 7.5 | | | |
| Total Soy Protein | 6.6 g (33%) | 30–40% | Food Thickeners/Solvents | Nil | Nil | Arginine | 100 mg (0.5%) | >0.1% |
| Total Fat | 2.6 g (13%) | <20% | Essential Amino Acids (L), mg | | | Alanine | 2 mg (0.01%) | >0.01% |
| Unsaturated Fatty Acids | 2.2 g (11%) | >3% | Isoleucine, mg | 104 (0.52%) | >0.3% | Aspartic Acid | 10 mg (0.05%) | >0.05% |
| Saturated Fatty Acids | 0.4 g (2%) | <5% | Leucine, mg | 233 (1.17%) | >0.6% | Cysteine | 2 mg (0.01%) | >0.01% |
| Moisture Content | < 6% | <10% | Lysine, mg | 112 (0.56%) | >0.3% | Cystine | 18 mg (0.09%) | >0.01% |
| Energy | 86 kcal | 70 – 90 kcal | Methionine, mg | 33 (0.16%) | >0.06% | Glutamic Acid | 4 mg (0.02%) | >0.01% |
| Cholesterol | N. D | N.D | Phenylalanine,mg | 108 (0.54%) | >0.3% | Glycine | 86 mg (0.43%) | >0.2% |
| Soy Lecithin | 3.7g (18.5%) | >15% | Threonine, mg | 63 (0.31%) | >0.2% | Proline | 2 mg (0.01%) | >0.01% |
| Dietary Fibre | 4 g | > 20% | Tryptophan, mg | 49 (0.25%) | >0.1% | Serine | 4 mg (0.02%) | >0.01% |
| Omega 3–Fatty Acid | 590 mg | ≥300 mg | Valine, mg | 91 (0.46%) | >0.2% | Tyrosine | 4 mg (0.02%) | >0.01% |
| Folic Acid | 1.2 mg | ≥0.1 mg | Histidine*, mg | 57 (0.28%) | >0.2% | Oxalic Acid | N. D | N.D |
| Vitamin B₁ | 0.01 mg | N.D | Phosphorus | 0.016 mg | <400mg | | | |
| Vitamin B₆ | 2.1 mg | >0.1 mg | Potassium | 230 mg | < 300 mg | | | |
| Panthenic Acid, B₅ | 0.2 mg | N.D | Calcium | 139 mg | > 20 mg | | | |
| Alpha Tocopherol, Vit. E | 0.1 mg | 0– 1 mg | Magnesium | 26 mg | >20 mg | | | |
| Glucose | N. D | N.D | Iron | 1.8 mg | <10mg | | | |
| Fructose | N. D | N.D | Zinc | 0.6 mg | <20mg | | | |
| Sucrose | 0.46g (2.3%) | <5% | Copper | 0.2 mg | <3mg | | | |

N. D– Not Detected

*essential amino acid for children only– Ref: Fredrick J.S, Margaret M, Living Nutrition, John Wiley (1980)

RvA HACCP FOOD SAFETY ANALYSIS

| Microbiological | Unit | Results | Specifications |
|--|-------|---------|----------------|
| Total Plate Count (at 37°C for 48 hours) | CFU/g | < 100 | ≤ 10,000 |
| Coliform | CFU/g | Absent | ≤10 |
| E. Coli | CFU/g | Absent | Absent |
| Mold and Yeast | CFU/g | Absent | ≤35 |
| Aflatoxin | mg/kg | Absent | < 5 |
| Mycotoxin | mg/kg | Absent | Absent |
| Heavy Metal | | | |
| Arsenic | mg/kg | N. D | ≤1.0 |
| Lead | mg/kg | <2.0 | ≤ 2.0 |
| Tin | mg/kg | N.D | ≤ 40.0 |
| Mercury | mg/kg | N.D | < 0.05 |
| Cadmium | mg/kg | <0.5 | <1.0 |
| Antimony | mg/kg | N.D | <1.0 |

MANUFACTURER

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EnerFlex is a TRADEMARK of MyHealthDriver.Com Sdn Bhd



Bridging Quality of Life