

HEALTHY LIVING CATALOGUE

 PURE  POTENT  NATURAL



THE EDMARK STORY

PEOPLE HELPING PEOPLE SUCCEED

IN HEALTH, WEALTH, AND TOTAL WELL BEING

Gratitude

Abundance

Love

Compassion

– the Core Pillars that make EDMARK Group of Companies a much loved brand name today.

EDMARK Group of Companies is a multi-million dollar company with a market presence in over 30 countries. It is involved in various business interests from manufacturing, exporting, distribution, technological innovation, and real-estate development.

EDMARK's unwavering commitment to being responsible citizens of the world - as individuals and as a global brand is guided by our belief in making a positive impact through our businesses, products, and people. This success is inspired by the people's spirit of entrepreneurship and the ability to create wealth within; which prompted our Founder and Chairman, Sam Low, to introduce a dynamic approach built upon the four pillars of Gratitude, Abundance, Love, and Compassion, making EDMARK a powerful network marketing business globally.

Building on the philosophy of "People Helping People Succeed," we see limitless opportunities to contribute to social good by leveraging what we do best: creating big ideas, daring entrepreneurial propositions, and a culture of shared value for all to harvest. Today, armed with a global network spanning four continents, we recognize the power to change the world for the better.

The growth of its business has brought the company home by opening its own EDMARK Industries factory in Malaysia in 2009. As a leader in health and nutrition, EDMARK Industries' goal of making the world a healthier place to live is endless. EDMARK's Industries' mandate to quality is coined in their tagline "A World Class Manufacturing Plant that Serves and Love Humanity"; a belief that our products are reflections of our core values at heart.

Endorsed by the best practices in international food safety standards, all Edmark's products are created with unique characteristics that prioritize all its ingredients to be pure, potent, and natural.



Backed by science, each product is created from excellent quality and the purest of ingredients that are imported from the most refined of resources around the world.



Our products are created with the most tried, tested, and reliable formulation to ensure that they maintain their quality while providing adequate results to users inherited from our claim of the best in product efficiency.



All products are formulated with all-natural ingredients to achieve a natural distinct taste that helps support weight management, a healthy immune system, and the ultimate well-being.

The company did not hold back in making sure that our 250,000 sq. feet manufacturing facility and teams are equipped with the right tools, world-class machinery, industrial robots, energy saving features, the latest technologies, and skills to develop and innovate our product offerings, enhancing them for global consumption.

Our establishment is halal certified according to the requirements of Malaysian Halal Certification programme with local and global recognised standards including:



ISO 22000

Combines the ISO9001 approach to food safety management



HACCP

For the assurance of food safety at all levels.



GMP

MS 1514:2009 in Good Manufacturing Practice (GMP)

We are also recognised proud members of the Direct Selling Associations in the Philippines, United Arab Emirates, South Africa and Malaysia.

All these investments have allowed EDMARK as a whole to achieve a sustainable growth trajectory despite the tailwinds of adversity; thus creating customer loyalty that appreciates the value of good nutrition for better health, wealth, and total well-being while impacting a stronger global demand and positioning of our innovative products worldwide.

Today, EDMARK stands tall and proud as a truly diverse company, where we will continue to give the best service and make life better for millions around the world.



EDMARK.
F4 PLUS
POWER 4





Edmark P4 Healthy Slimming Programme

The Healthy Way to Lose Weight

It's the basics of human nature. We all want to look and feel our best, whether it's for an upcoming occasion or simply to have peace of mind knowing the number of chronic diseases connected to obesity. It is for that reason, the P4 Healthy Slimming pack was created. Now you can lose that excess weight the healthy way and keep it off.

How it works

STEP 1 **DETOXIFY**
with Shake Off Phyto Fiber



STEP 2 **BURN FAT & NOURISH**
with MRT Complex



STEP 3 **BALANCE & CLEANSE**
with Splina Liquid Chlorophyll & Hawaiian Spirulina Tablets



STEP 4 **REJUVENATE**
Edmark Café Coffee (Ginseng) & Red Yeast Coffee



The P4 Health Slimming Programme will give you a strong start to that desired look and feel and, most importantly, achieving a fitter and healthier you.

Use EDMARK P4 Plus today for a slimmer You!

STEP

1 DETOXIFY

with Shake Off Phyto Fiber



Detox now to enjoy life's simple pleasures within
6 to 8 hours!

Obesity has become a worldwide epidemic. Being obese is not merely a cosmetic issue but a serious and life-threatening problem. Obesity leads to major health risks including diabetes, certain cancers, and cardiovascular diseases.

One of the causes of obesity is poor digestion. An unhealthy lifestyle habit like smoking and alcohol intake can contribute to Intestinal tract ailments. Poor digestion can also be caused by insufficient fibre intake, which will then lead to another common problem today, Constipation.

Constipation is an uncomfortable moment when your bowel movements become less frequent and stools become difficult to pass. When your body is unable to expel its waste due to constipation, you will experience bloatedness, tummy aches, a swollen rectum and sometimes, may lead to some of the chronic diseases such as:

- Colon Cancer
- Arteriosclerosis
- Hypertension
- Heart Diseases
- Liver Diseases
- Kidney Diseases
- Diabetes

It is important to cleanse and detoxify our intestines to maintain good health and promote longevity. Health experts have proven that fiber helps a great deal in not only keeping the digestive tract clean and healthy, but also in losing weight by giving the feeling of fullness, absorbing fat, and facilitating metabolism increase.

• FAST & EFFECTIVE

See the results in just eight hours!

• MARVELLOUS TASTE

Shake Off comes in two delicious flavors – Pandan and Lemon.

• RELAXES WITHOUT BURDEN

Relief from toxins and excess fats results in an amazingly comfortable and relaxing feeling.



Pack size: 20g x 12 sachets
Net weight: 240g
Recommended dosage: 1 sachet with 250ml cold water every two (2) days accordingly.

BENEFITS OF SHAKE OFF

- Formulated and made from an all organic list of ingredients, with no side effects.
- Fast, effective, and affordable way to eliminate congested waste matter. Thus, preventing Coprostasis and Colon Cancer.
- Reduces excess weight and lowers bad cholesterol.
- It promotes a better complexion and has an anti-aging effect.
- Promotes growth of good bacteria to reduce constipation problems.
- Convenient to carry around, easy to prepare, and tastes great.

INGREDIENTS AND USE:



Plant Fiber

- Relieves Diarrhea and absorbs excessive water in intestine
- Eliminates Coprostasis trapped in intestine



Roselle Berry

- Rich in Vitamin C
- Natural diuretic to help increase urine flow
- Facilitates blood circulation and lowers blood pressure



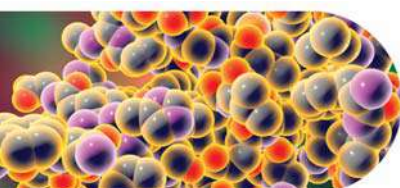
Organic Oats

- Absorbs cholesterol, Rich in bran and fiber too
- Contains amino acids vitamin B1, calcium, and iron



Garcinia Cambogia

- Decreases Appetite and increases metabolism
- Inhibits enzymes to ensure excess sugar is stored for energy



Inulin

- A prebiotic that stimulates good bacteria production like bifidus in the intestines
- Relieves Diabetes Mellitus by reducing natural Inulin production

STEP

2 BURN FAT & NOURISH

with MRT Complex



Your All in One Meal with Minimum Calories, Maximum Nutrition and Essentials Vitamins that Burns Fat as You Go.

The term 'obesity or being obese' describes a person who's very overweight, with body fat that is 20% above what is considered normal according to the globally recognised Body Mass Index (BMI).

More often than not, obesity is due to excess weight brought upon by how you balance your calories from your food versus the energy your body consumes in a day. And while fat is important for storing energy and insulating the body after a certain point, tipping the BMI Scales is not healthy.

Besides watching what you consume and how you consume your food intake, it is very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions.

These include:

- Type 2 diabetes
- Coronary heart disease
- Some types of cancer, such as breast cancer and bowel cancer
- Stroke

Obesity can also affect your quality of life and lead to psychological problems, such as depression and low self-esteem.

EDMARK's MRT Complex Replacement Beverages

"Lose Weight! Stay Fit! Feel Great!"

is how we describe EDMARK's MRT Complex Meal Replacements that are now available in 3 awesome flavors of Chocolate, Vanilla, and Strawberry.

EDMARK's MRT Complex Meal Replacement beverage is a delicious, **low-calorie, highly soluble nutritional drink loaded with vitamins, proteins, and energy-releasing amino acids** that replaces your meal to help you reduce weight safely, fast, and effectively while avoiding hunger pangs.



Pack size:
20g x 28 sachets
Net weight:
560g

Additional Benefits

- The organic formulation and ingredients are suitable for vegetarians.
- Edmark MRT is an excellent source of carbohydrates and protein but low in calories, with no traces of cholesterol and low fat.
- Balanced Nutrition; Contains essential vitamins and minerals, including Vitamin C, Vitamin E, and Vitamin B Complex and energy-releasing amino acids.

Characteristics of an MRT Sachet

Organic Formulation

With natural ingredients with good taste.

Low Calorie

Each sachet contains 76cal to manage your caloric intake.

Balance Nutrition

Contains enough nutrients that your body needs.

Supreme Quality Legume Protein

Easy to digest while allowing your body to absorb easily enabling fat loss and muscle maintenance.

Natural Sweetener

Contains fructose excreted from fruit and honey that is safe for those who battle diabetes and hypoglycemia.

Fat Eliminating Essentials

Lecithin, and L-Carnitine that helps enhance fat burning metabolism.

Edible Dietary Fiber

Natural roughage to curb hunger pangs and ease of eliminating body waste.

Recommended Dosage:

3 sachets per day mixed in cold water (breakfast, afternoon/teatime, or dinner)

Weight Maintenance:

- For detox, 1 sachet a day (as per or mixed with your favorite cereals, fruits, or even creamer/milk alternative)
- As a meal replacement when you want to eat light but still fill your tummy with the right nutritional needs.

Detox or Slimming Management:

- If you are detoxing or on a slimming programme, it is advisable to take the 1 MRT x 4 times throughout the day but with the following rules:
 - Avoid high calorie or oily food intake
 - Complement your MRT with 2 servings of fruits and vegetables; or add in some oats for taste and texture
 - Exercise regularly (20-30minutes a day) or as per your own pace
 - Drink 2000-3000ml of water to cleanse your body, eliminating toxins and unwanted fats.
- This can be complemented with Splina Liquid Chlorophyll

STEP

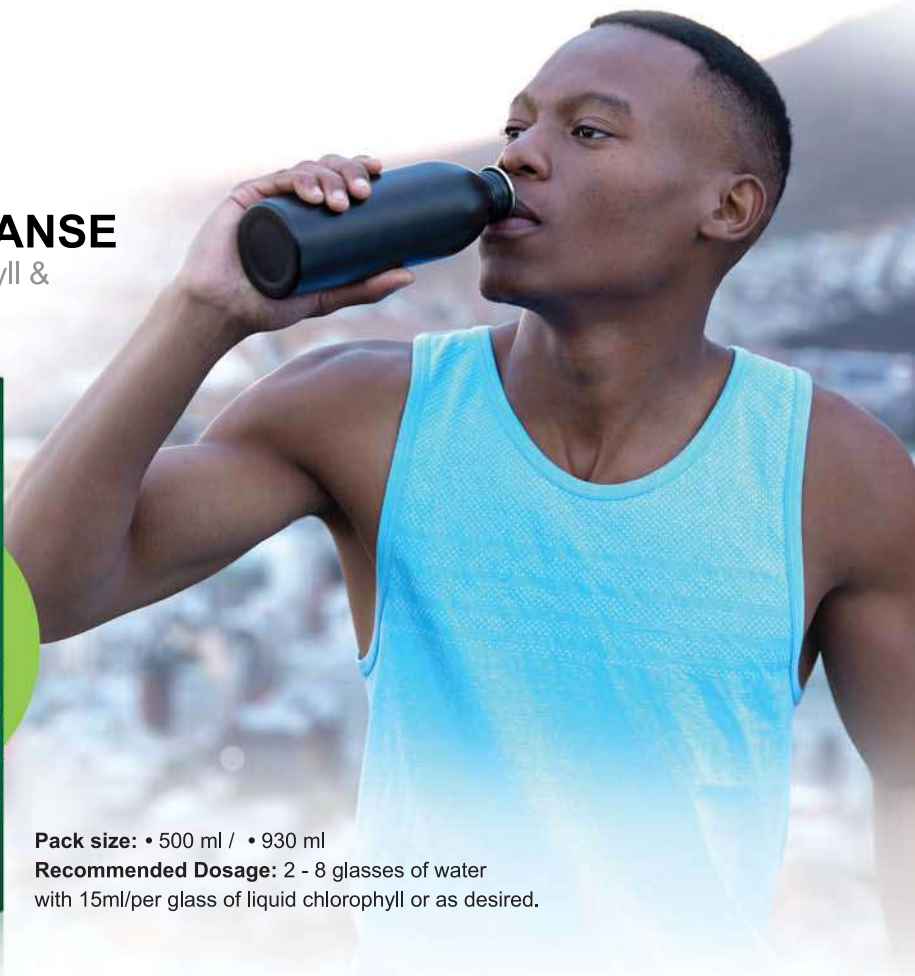
3 BALANCE & CLEANSE

with Splina Liquid Chlorophyll & Hawaiian Spirulina Tablets



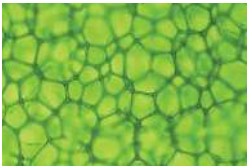
Pack size: • 500 ml / • 930 ml

Recommended Dosage: 2 - 8 glasses of water with 15ml/per glass of liquid chlorophyll or as desired.



EDMARK's Splina Liquid Chlorophyll, Nature's Best Detoxification Secret

What Is Chlorophyll ?



- Chlorophyll is a pigment that gives plants their green colour that is crucial for their its survival because it is the agent for photosynthesis.
- Photosynthesis occurs when plants take in the sunlights' energy that allows the chlorophyll to change water and carbon dioxide into sugar.

Why do we need Chlorophyll ?

- According to American Nutritionist Professor Ragnar Berg, our daily diet should consist of 20% acidic & 80% alkaline food to maintain a healthy body with a pH level of about 7.3-7.4.
- Diets based on acidic food will result in a rise in the acidity level in our body causing various illnesses like heart disease, arthritis, high blood pressure, stroke, diabetes, and high cholesterol.
- Some examples of acidic food are meat, seafood, canned food, cheese, alcohol, and carbonated drinks.

Introducing EDMARK Splina Liquid Chlorophyll

EDMARK Splina Liquid Chlorophyll is a nutritional drink made of fresh and pure liquid chlorophyll from White Mulberry Leaves.



1 Tablespoon of
EDMARK Splina
Liquid Chlorophyll

1 KG
Vegetable
Consumption

Edmark Splina Liquid Chlorophyll is rich in:

<p>Zn Zinc 65.38</p> <p>Zinc Helps in Cell Growth for faster wound healing</p>	<p>Se Selenium 78.960</p> <p>Selenium Protects from toxic effects from heavy metals</p>
<p>Vitamin E Tocopherols</p> <p>Tocopherols Nourishes the skin</p>	<p>Vitamin C Ascorbic Acid</p> <p>Ascorbic Acid Strengthens the immune system</p>
<p>Vitamin A Retinol</p> <p>Retinol Promotes good vision and strengthens the heart</p>	<p>Protein</p> <p>Protein Maintains cells, muscles, tendons, and ligaments</p>
<p>Vitamin B7 Biotin</p> <p>Biotin Helps in the synthesis of hormones and cholesterol</p>	<p>Vitamin B9 Folic Acid</p> <p>Folic Acid Co-enzyme with Vitamin B12 and Vitamin C in breakdown and synthesis of proteins</p>
<p>Vitamin B5 Pantothenic Acid</p> <p>Pantothenic Acid Essential in the synthesis of hormones and cholesterol</p>	<p>Ca Calcium 40.08</p> <p>Calcium Maintains healthy teeth and bones</p>
<p>Cr Chromium 51.996</p> <p>Chromium Stimulates fatty acid and is an activator of several enzymes</p>	<p>P Phosphorus 30.974</p> <p>Phosphorus Assists in maintaining kidney unction and regularity of the heartbeat</p>
<p>K Potassium 39.098</p> <p>Potassium Necessary for muscle building</p>	<p>Mg Magnesium 24.305</p> <p>Magnesium Helps in muscle relaxation and contraction</p>
<p>Fe Iron 55.845</p> <p>Iron Essential in the formation of red blood cells</p>	

- It is also essential in maintaining the balance needed for your daily alkaline needs.

8 ESSENTIAL ENZYMES

- Lipase • Amylase • Coagulase • Emulsin • Invertase • Peroxidase • Pectinase • Protease

3 MAIN FUNCTIONS

- 1. BALANCE** - the acid and alkaline levels in the body while enhancing immunity.
- 2. CLEANSE** - the digestive system while assisting in purifying blood.
- 3. NOURISH** - rich in Vitamins A, C, and E, Zinc, Folic Acid, Calcium, Magnesium, and Iron.

STEP

3

BALANCE & CLEANSE

with Splina Liquid Chlorophyll & Hawaiian Spirulina Tablets



Pack size: 200 tablets

Recommended Dosage:

- For adults, 5 tablets, 3 times a day before or after a meal.
- Children (6-12years); 2-3 daily before or after meal

HAWAIIAN SPIRULINA

AN AGE OLD SUPERFOOD SUPPLEMENT PACKED WITH DAILY PUNCH OF NUTRIENTS.

The Superfood of the Century

Spirulina is an edible, microscopic, blue-green algae whose cells form the shape of a perfect spiral coil (thus, the name spirulina which means "little spiral"). Spirulina grows naturally in warm and alkaline lakes making it an alkaline vegetable.

Not Just Any Spirulina, It's HAWAIIAN SPIRULINA

A natural detoxifier with anti-inflammatory properties, EDMARK's Hawaiian Spirulina Chewable Tablets is made from the purest and most superior of Hawaiian Spirulina algae with U.S. Patented Ocean Chill™ drying that prevents oxidation of key nutrients. It allows the spirulina that is cultivated from deep underneath the ocean to be brought to surface without oxidation damage and still preserving all the high nutrients and enzymes intact.

They are harvested in the sunlight and transformed into living matter such as protein, carbohydrates, vitamins, minerals, fats and other nutrients.



HAWAIIAN SPIRULINA - The Best and Most Natural Source of Spirulina.

The reason Hawaiian Spirulina is the best source of our chewable tablets ingredients is because of:

Superior Strain of Spirulina

Pure cultured spirulina thrives in the brilliant Hawaiian Sun

Clean Sea Water

Kona, Hawaii is blessed with Clean, Clear Water from a depth of 600m

Clean Municipal Water

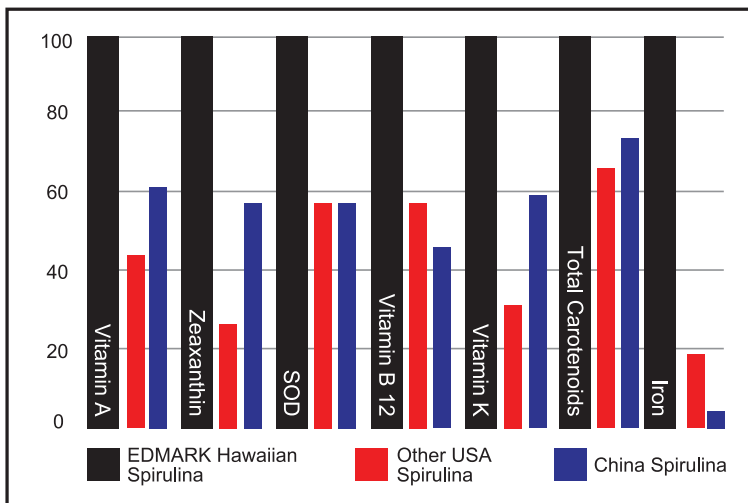
Combined with Municipal Drinking Water

Benefits

- Strengthens the defense mechanism
- Improved vision
- Effective natural weight control
- Improves digestive systems
- Beneficial for pregnant mothers, infants and children
- Reduces premenstrual symptoms
- Promotes healthy skin, bones & shiny hair
- Ideal for the aging
- Oxygenates the blood



Key Nutrients:



- Vitamin A and Zeaxanthin
- Iron and Vitamin B12
- SOD (Superoxide Dismutase)
- Carotenoids and Vitamin K

Facts:

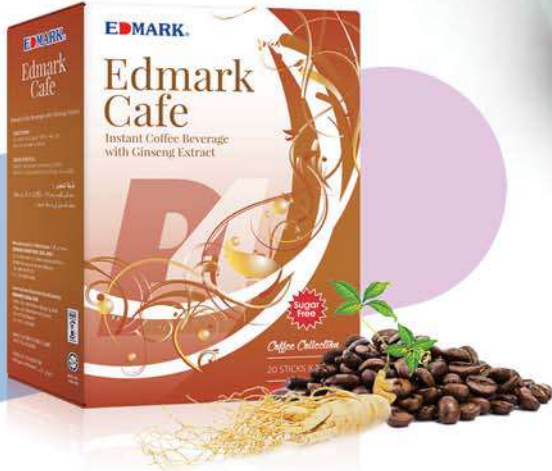
This superfood was consumed by the ancient Aztecs but became popular again when NASA proposed that it could be grown in space for use by astronauts .

- Provides more antioxidant activity than 5 servings of fruits and vegetables.
 - 2300% more iron than spinach
 - 3900% more beta carotene than carrots
 - 300% more calcium than whole milk
 - 375% more protein than tofu.
 - 3500 more powerful than Vitamin C.
- Comparative phytonutrient levels, Spirulina is 31 times more potent than blueberries and 60 times more potent than spinach.
- 1974 - Spirulina was declared “The Best Food For The Future by the United Nations World Conference”

STEP

4 REJUVENATE

Edmark Café Coffee
(Ginseng)



Pack Size: 18g x 20 Sachets

Net Weight: 360g

Recommended Dosage: 3 sachets per day or as preference



The Goodness Of Ginseng To Satisfy Your Taste And Well-Being.

Ginseng Coffee is made from the natural blend of the finest arabica coffee beans from Brazil and Columbia, and Ginseng extract. The active ingredient of Ginseng called Ginsenoside has the healing powers that aid in sharpening the mind and memory as well as in lowering blood pressure.

EDMARK's Café's Ginseng Coffee
is the perfect healthy coffee companion that
lowers cholesterol, enhances digestion and blood circulation.

Benefits of Ginseng Coffee

- Sharpen the Mind and Memory
- Accelerate visual and auditory responses
- Increase concentration
- Lower and remove bad cholesterol
- Lower blood pressure
- Maximize oxygen intake
- Increase aerobic activity
- Lower heart rate during exercise
- Increase Anti-Oxidants in the body.



Pack Size: 20g x 20 Sachets
Net Weight: 360g
Recommended Dosage: 3 sachets per day or as preference

The RED Battle Against HEART Disease

Heart Disease is the number one killer of men and women all over the world due to high blood cholesterol.

EDMARK's Red Yeast Coffee is made from the organic blend of imported premium coffee beans and red yeast rice extract (RYRE). RYRE is a substance that's extracted from rice that's been fermented with a type of yeast called *Monascus purpureus*, used in predominantly Asian countries for centuries as traditional medicine.

High cholesterol is a major risk to one's health. However, clinical studies have shown that **red yeast rice** provides therapeutic benefits for optimal cholesterol health. By lowering cholesterol concentrations, red yeast rice can help prevent heart disease and some of its complications as it contains:

Fibre, rice starch, sterols and fatty acids which help reduce total cholesterol levels; and increase good cholesterol levels while lowering unhealthy fats called triglycerides.

Mevinolin, an active ingredient in red yeast rice, has also been proven to offer antioxidant properties

HMG-CoA reductase inhibits the liver's production of cholesterol.

Benefits

- Reduces levels of bad cholesterol and triglycerides
- Raises levels of good cholesterol
- Enhances circulation and digestion
- Soothes abdominal pain
- Invigorates the function of the spleen
- Offers anti-oxidant properties and helps reduce the ageing process.

WEEK 1



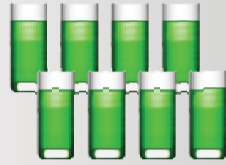
1 Sachet
Shake Off Phyto Fiber
with 250ml Cold Water
Everyday for 7 Days



OR



Drink Edmark Red Yeast
or Ginseng Coffee
with 150ml Hot Water



Drink plenty of water
at least 8 glasses a day
with 15ml/glass of
Edmark Splina Liquid Chlorophyll



HEALTHY SLIMMING PROGRAMME

3 Sachets of MRT Daily

WEEK 2 ONWARDS

BREAKFAST



1 Sachet Edmark
MRT Complex
with 350ml Cold Water



1 Sachet Edmark
Ginseng Coffee
with 150ml Hot Water

*



5 Tablets
Premium Grade
Edmark Hawaiian
Spirulina

MORNING SNACK



OR



Drink Edmark Red Yeast or
Ginseng Coffee with 150ml Hot Water

LUNCH



Balanced Meal
100g Lean Meat or Tofu
100g Vegetables
50g cup Rice
1 bowl Oil Free
Vegetable Soup
100g Fruits

OR



1 Sachet Edmark
SpiRo Meal
1 bowl Oil Free
Vegetable Soup
100g Fruits

AFTERNOON SNACK



1 Sachet Edmark
MRT Complex
with 350ml Cold Water



Mix Edmark Red Yeast
& Ginseng Coffee
Together with 300ml Hot Water

DINNER



1 Sachet Edmark
MRT Complex
with 350ml Cold Water



1 Bowl Oil Free
Vegetable Soup



1 Sachet Edmark
Shake Off Phyto Fiber
with 250ml Cold Water
Every 2 Days

ALL DAY



Drink at least 8 glasses of
water with 15ml/glass of
Edmark Splina Liquid Chlorophyll

* Subject to branches' product availability

Continue this program until ideal weight is achieved.



HEALTHY MAINTENANCE PROGRAMME

1 Sachet of MRT Daily

BREAKFAST



1 Sachet Edmark
SpiRo Meal
1 bowl Oil Free
Vegetable Soup
100g Fruits
1 Sachet Edmark
Ginseng Coffee
with 150ml Hot Water

*



5 Tablets
Premium Grade
Edmark Hawaiian
Spirulina

MORNING SNACK



OR



Drink Edmark Red Yeast or
Ginseng Coffee with 150ml Hot Water

LUNCH



Balanced Meal
100g Lean Meat or Tofu
100g Vegetables
50g cup Rice
1 bowl Oil Free
Vegetable Soup
100g Fruits

OR



1 Sachet Edmark
SpiRo Meal
1 bowl Oil Free
Vegetable Soup
100g Fruits

AFTERNOON SNACK



1 Sachet Edmark
SpiRo Meal
with 180ml Hot Water



Mix Edmark Red Yeast
& Ginseng Coffee
Together with 300ml Hot Water

DINNER



1 Sachet Edmark
MRT Complex
with 350ml Cold Water



1 Bowl Oil Free
Vegetable Soup



1 Sachet Edmark
Shake Off Phyto Fiber
with 250ml Cold Water
Every 2 Days

ALL DAY



Drink at least 8 glasses of
water with 15ml/glass of
Edmark Splina Liquid Chlorophyll

* Subject to branches' product availability

Continue maintaining and consuming as above

Male

Male: (Height - 80) x 0.7 = ± 10%

Height		Small		Medium		Large		
foot	cm	lbs.	kg.	lbs.	kg.	lbs.	kg.	
5	2	157.5	116	52.5	123	56	133	60
5	3	160	119	54	127	57.5	136	61.5
5	4	162.5	122	55	130	59	140	63.5
5	5	165	125	57	133	60	143	65
5	6	167.5	128	58	136	61.5	147	67
5	7	170	132	59.5	140	63.5	151	68.5
5	8	172.5	136	61.5	145	66	156	70.5
5	9	175	140	63.5	149	67.5	160	72.5
5	10	177.5	145	66	153	69	164	74
5	11	180	149	67.5	157	71	169	76.5
6	0	182.5	153	69	162	73	174	79
6	1	185	157	71	166	75	178	80.5
6	2	187.5	161	73	171	77.5	183	83
6	3	190	165	75	176	80	188	85
6	4	192.5	169	76.5	181	82	193	88

EDMARK MRT BMI CHART **Are You Overweight ?**

Female

Female: (Height - 70) x 0.6 = ± 10%

Height		Small		Medium		Large		
foot	cm	lbs.	kg.	lbs.	kg.	lbs.	kg.	
4	10	147.5	95	43	101	46	111	50.5
4	11	150	97	44	104	47	114	52
5	0	152.5	100	45.5	107	48.5	117	53
5	1	155	103	47	110	50	120	54.5
5	2	157.5	106	48	113	51	123	56
5	3	160	109	49.5	116	52.5	126	57
5	4	162.5	112	51	119	54	129	58.5
5	5	165	116	52.5	123	56	133	60
5	6	167.5	118	53.5	127	57.5	137	62
5	7	170	122	55	131	59.5	141	64
5	8	172.5	126	57	135	61	145	66
5	9	175	130	59	139	63	149	67.5
5	10	177.5	135	61	143	65	154	70
5	11	180	139	63	147	67	158	71.5
6	0	182.5	145	66	151	68.5	163	74

Beauty
P A C K





Beauty
P A C K



CELEBRATING THE AGELESS YOU

EDMARK's BEAUTY PACK - Beauty packed from the inside out.

Everybody wants to rule the world; but more than this,
everyone wants to age beautifully in full grace.

But what is ageing beautifully?

Beauty, as defined by Cambridge Dictionary, is the quality of being pleasing, especially to look at. They also say that beauty is in the eyes of the beholder. But they also say beauty fades with age. Luckily, modern innovation and advancements in technology have an answer to reverse ageing and preserve beauty.

That is why we introduced EDMARK's Beauty Pack, an ultimate drink package for
Cell Rejuvenation, Infinite Vigour and Ageless Beauty.

But most importantly, EDMARK's Beauty Pack product range is designed and
created for both males and females who wish to live their life holistically.

They not only taste great but are an effective and natural way of reversing the effects of ageing.

Of course, beauty is not just about looking great. You want to feel great too. The better you feel in your own body,
the more your beauty shines and radiates. In other words, the younger you feel, the better your body responds to you.

That is why we at EDMARK believe that beauty starts from the inside out for all.



Pack Size:
10g x 10 sachets
Recommended Dosage:
+1 sachet in lukewarm water to be consumed between 10:30pm to 11.30pm.

BIO ELIXIR — AN ALL NATURAL HGH RELEASER THAT HELPS YOU TO LOOK YOUNG, FEEL YOUNG AND BE YOUNG.

- Turn your biological clock back up by 20 years in a natural, safe and effective manner.

While we know that age is just a number and beauty is forever, we understand that feeling good about oneself will see improvements across many aspects of your life and well being.

And we understand that total well-being starts with us being rejuvenated and youthful to enjoy life's best.

But what causes ageing?

AGEING is affected by the body's capacity to produce the Human Growth Hormones (HGH). Human Growth Hormone or HGH is the master hormone in your body. It regulates most of the body's activities such as cell growth, metabolism and reproductive processes.

HGH levels decline by 14% each decade starting at the age of 20; but by the time we are 65, half of us have little or no HGH. As we age, hormones production decreases leading to:

- Lack of vitality
- Decreased sexual function
- Fragile bones, potbelly, sagging and wrinkled skin
- Poor memory and difficulty in concentration
- Poor eyesight, a weakened immunity and a host of other symptoms

How do we increase our HGH and reverse ageing?

There are a handful of ways to increase your levels of HGH. However, because of the risks involved, the high cost they would entail, the inconvenience of the methods, and sometimes even the debatable efficacy of such methods, the most acceptable choice has been narrowed down to HGH secretagogues.

Simply put, HGH secretagogues are substances that stimulate the pituitary gland in the brain to release more HGH. Most of these HGH releasers are amino acids, the building blocks of protein which is the foundation of all life.



EDMARK's Bio-ELIXIR

is a specially formulated drink that naturally increases your HGH levels.

The product of the results of many years of research and formulation; developed in the USA, resulting in a palatable soy-based drink not only tastes great but is an effective and natural way of reversing the effects of ageing.

CHARACTERISTICS

100% ALL NATURAL Ingredients

Bio-Elixir is made from excellent quality soy and whey protein; contains amino acids too.

SAFE to consume, ZERO side effects

Bio-ELIXIR is NOT a hormone, a steroid or a drug. Contains no pituitary extract, no mammalian brains. The formula has been tested and proven by a duly accredited laboratory recognized for its verifiable reports.

TARGETS health problem areas

Bio-ELIXIR has a proprietary, cutting-edge delivery system that addresses thorough gastric absorption and transports through the bloodstream.

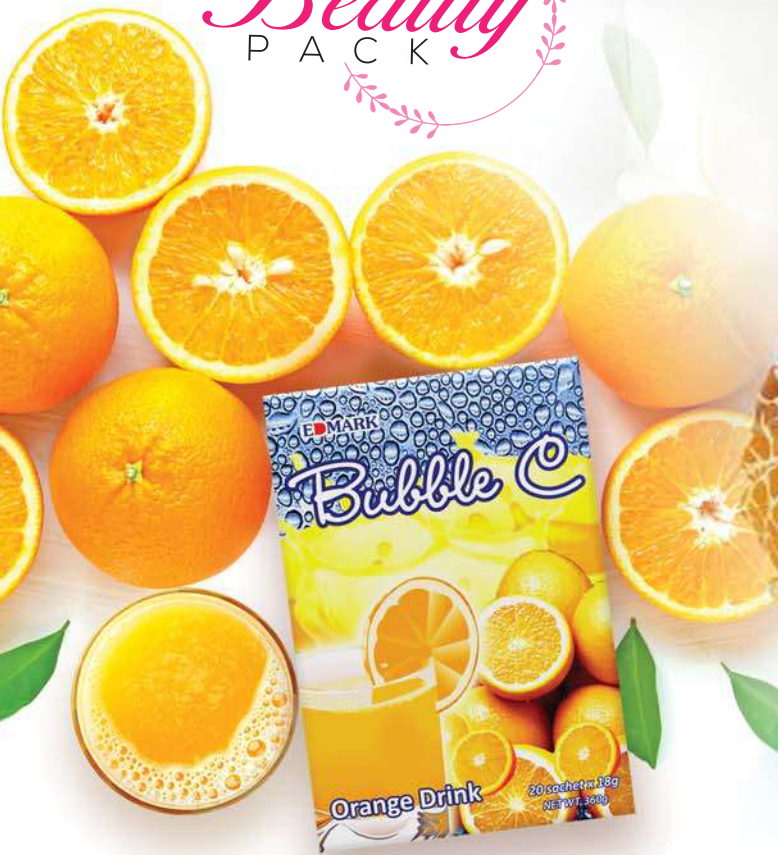
RICH in nutrients and minerals

Bio-ELIXIR is rich in Arginine, Glutamine, Glycine, Lysine, Ornithine and Vitamin B5 plus a wide spectrum of essential nutrients.

BENEFITS

• Better Muscle Mass	• Lose Fat without Dieting
• Higher Energy Levels	• Mood Elevation
• Enhanced Sexual Performance	• Regrowth of heart, liver, spleen, kidneys and other organs that shrink with age
• Greater Cardiac Output	• Better Kidney Function
• Superior Immune Function	• Lowered Blood Pressure
• Improves Sleep	• Stronger Bones
• Faster Wound Healing	• Hair regrowth
• Prevents Wrinkle, Younger Skin	• Eliminates Cellulite
• Sharper Vision	• Increases Memory Retention
• Improved Cholesterol Profile (Higher HDL / Lower LDL)	

Beauty
P A C K



Refreshing Energy in Every Bubbly Burst!

What is Vitamin C?

Vitamin C is a water-soluble antioxidant vitamin. It is important in forming collagen, a protein that gives structure to bones, cartilage, muscle, blood vessels and skin. Vitamin C also aids in the absorption of iron and helps maintain capillaries, bones and teeth.

Everybody needs **Vitamin C**. From young growing kids to people who are over 50 years old. Those recovering from an illness or wanting to **prevent colds and flu** can consume Vitamin C for speedier results. It also helps **prevent virus attacks** on your body. You can easily get your daily dosage of Vitamin C from various fruits like **oranges, grapefruit, strawberries, watermelon, mango, kiwi, and papaya**. If you are not much of a fruit or vegetable eater though, we recommend the **EDMARK Bubble C** supplement beverage for you!

Vitamin C Functions

Boost immune system

Help formation of bones, teeth, muscle, and skin

Stimulate natural collagen production

Maintain healthy blood vessels and gums

Resist infection and heal wounds

Enhance iron and nutrient absorption



EDMARK's Bubble C is a refreshing instant orange beverage that is loaded with natural **Vitamin C** and **Calcium** that gives you refreshing energy in every bubbly burst. Get your daily dose of Vitamin C and Calcium with Bubble C! A glass of Bubble C is equivalent to the Vitamin C content in **three fresh oranges!**

✓ **Refresh**
your body

✓ **Energize**
your health

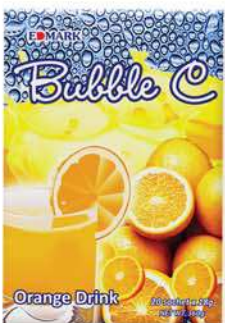
✓ **Burst**
in bubbly fun

EDMARK Bubble C is;

- Made of real oranges
- Loaded with Vitamin C
- Fortified with Calcium
- Enhanced Natural Coloring
- Safe-for-all Sweetener

Benefits of EDMARK Bubble C

- Boost immune system
- Fights cold and infection
- Helps form bones, teeth, and muscles
- Energizes the body
- Stimulates brain functions
- Aids in iron and protein absorption
- Promotes collagen production
- Protect skin and hair from damage
- Quicker healing wounds
- Prevents scurvy
- Prevents cancer and heart diseases
- Regenerates anti-oxidants



Pack Size: 18g x 20 sachets

Net Weight: 360g

Recommended Dosage:

Consume with cold water, up to three servings a day (breakfast, lunch, dinner)



CoCollagen

There is more to the skin than meets the eye The Truth About Our Skin and Collagen

Our skin is like a mirror. It reflects our state of health from the inside out. As it protects and covers our body, it is, therefore, essential to take care of it at all times. The protein Collagen makes up to 70% of our skin. It provides elasticity and shape, giving skin its firmness as well as the ability to retain moisture. When collagen is reduced it leads to skin dehydration and wrinkles.

Causes of Collagen Reduction

Biological Natural ageing and hormonal changes

Environmental UV ray exposure, Chlorinated Water, Free Radicals

Personal Lifestyle Cigarette, Stress

Like most proteins, collagen can be derived from a variety of food sources. Fish like tuna and salmon are excellent sources of omega fatty acids that stimulate collagen production.



Pack Size: 30g x 20 sachets

Net Weight: 600g

Recommended Dosage: serve with hot water, up to two servings a day (AM, PM)

EDMARK's CoCollagen is a chocolate flavoured beverage enriched with **high-grade quality marine collagen** that nourishes your skin to make it firm and lift the signs of ageing, thus reviving its naturally healthy and youthful glow.

NOURISH the skin with a rich supply of collagen

LIFT signs of ageing by boosting collagen formation in the skin

REVIVE the skin by showing its natural healthy glow

EDMARK's CoCollagen is;

- All-Natural Marine Sourced
- Rich in Amino Acids
- Energy Booster
- Refreshing
- Smells Good and Tastes Even Better

Benefits of EDMARK CoCollagen

- Plumps the skin and lips
- Reduces wrinkles
- Smoothens "Crow's Feet" lines and reduces furrows
- Reduces dark circles around the eyes
- Promotes skin elasticity
- Firms and tightens skin
- Reduces stretch marks
- Revitalises appearance
- Achieve a glowing radiant complexion
- Rejuvenates mature skin
- Tones and moisturises the skin



EDMARK[®]

ELITE BUSINESS PACK

The Ultimate Way to Your Financial Freedom

In times of adversity and uncertainty, it is even more important than ever to have **financial stability** and **independence**. One way of achieving success in **Health, Wealth, and Total Well-being** is to embark on that entrepreneurial journey.

Starting your entrepreneurial journey can be a challenging task. Although the promise of abundance and success is an appealing one, achieving that stage is not an easy task. As daunting as it might sound, entrepreneurship does not have to be a difficult road.

EDMARK's Elite Business Pack has been designed to help you achieve financial freedom fast and is the easiest way for you to fast track yourself to success in your **EDMARK business**. It is also the best way for you to enjoy and get familiarised with EDMARK's signature offerings by consuming, trying, and even sharing the included products.

At EDMARK, we believe that **success breeds success**. Our mission statement is "**people helping people succeed in health, wealth, and total well-being**". Helping people achieve their dreams is very much part of our identity and passion. The Elite Business Pack is built with the idea that you can also build your **entrepreneurship skills** in the process of helping others achieve their dreams of financial freedom and achieving their health goals.

The Elite Business Pack includes the **P4 Healthy Slimming Pack**, the **Beauty Pack**, and our signature **Lifestyle Beverages**. Come join our EDMARK family today and upgrade to an ELITE Business Pack to achieve your financial freedom.

" People helping people succeed in health, wealth, and total well-being "

ELITE BUSINESS PACK



BENEFITS:

- Financial Freedom
- Overriding Commissions
- P4 Health Club
- Elite Fast Track Guide
- Elite Business System
- EDClick Distributor System
- Edmark Education System
- EDSshop e-Commerce
- Tools - 5-Figure MLM Launch, Seminar, Webinars, LIVE trainings, and Tickets to Off-Live Events
- 30 days Transformation Challenge (Social Media Marketing Training Programme)

The EDMARK Elite Business Pack* contains:

- EDMARK Membership
- 2 x Shake Off
- 2 x Splina Liquid Chlorophyll
- 2 x MRT Complex
- 2 x Hawaiian Spirulina Tablets
- 2 x Spiro Meal
- 4 x Ginseng coffee
- 4 x Red Yeast Coffee
- 3 x Bio-Elixir
- 4 x CoCollagen
- 2 x Bubble C
- 1 x Café Troika
- 2 x Café 73 Coffee
- 2 x Red Bubble Tea
- 2 x Shaker Tumbler
- 1 x Sales Kit Bag

*Products & stock availability may vary by region. Please check with your EDMARK representative.





The Right Coffee for you is the **Healthy Coffee**

We often look at coffee as a drink that boosts our energy or keeps us awake when feeling fatigued. We drink coffee to start the day. We also drink coffee for pleasure a lot of times. Over coffee, you have great chats with friends and family.

Coffee is also known for its high levels of antioxidants and beneficial nutrients, making it quite a healthy and wholesome beverage, best enjoyed cold or hot. Here are some reasons to enjoy a good cuppa coffee for your overall health:

- **Coffee Can Improve Energy Levels and Boost Brain Function**
- **Helps You Burn Fat**
- **Lower Risk of Illnesses and Diseases**
- **Can Fight Depression and Make You Happier**
- **Decreased Long-Term Risk Of Heart Failure And Stroke Attacks.**

In fact, a single cup of EDMARK coffee contains:

Riboflavin (vitamin B2)

- Important in energy production

Pantothenic acid (vitamin B5)

- Essential for breaking down fatty acids

Manganese and potassium

- Improves bone health
- Improves nerve and muscle functions
- Promotes healthy Cardiovascular activities

Magnesium and niacin (vitamin B3)

- Regulates blood sugar and pressure levels
- Lower cholesterol
- Boost brain function

Edmark Healthy Coffee

Your daily cup of coffee can be much more than just coffee. **Edmark Coffee Labels** are made with select coffee beans of the **highest quality** sourced from South America and even Nicaragua. They are also formulated with **less sugar** and are infused with various herbs, like Ganoderma, Ginseng, even Tongkat Ali, and Kacip Fatimah; thus making your daily coffee more **potent, healthy, and delicious.**



Pack Size: Premium 20g x 20 sachets, Sugar Free 12g x 20 sachets
Net Weight: 400g (Premium), 240g (Sugar Free)
Recommended Dosage: Enjoy a cup of Troika at any time of the day



3

Times Stronger
Times Power
Times Stamina

EDMARK Café Troika combines the health benefits of coffee with **Ginseng, Tongkat Ali, and Ganoderma**. Ginseng is traditionally well known for its medical properties. The consumption of Ginseng has been scientifically proven to stimulate physical and mental activity.

Alongside Ginseng, Tongkat Ali is another herb known for being more than just an aphrodisiac but assists in boosting male testosterone levels.

On top of all of that is the Ganoderma extract. Ganoderma is more commonly known in China as Lingzhi, or Reishi in Japan. The fungus is a popular component in traditional medicine.

Tongkat Ali can also be used to treat:

High blood pressure

Leukaemia

Osteoporosis

Malaria

Infections

On top of all of that is the Ganoderma extract. Ganoderma is more commonly known in China as Lingzhi, or Reishi in Japan. The fungus is a popular component in traditional medicine.

Benefits of Café Troika

Boost energy

Strengthen immune system

Stabilise blood sugar level

Increases memory and cognitive functions

Improved Libido

Promote Anti-Cancer properties

Better cardiovascular function

Lower bad cholesterol



Pack size: 15g x 20 sachets
Net weight: 300g

EDMARK CAFÉ TROIKANI

THE COFFEE OF CHOICE FOR NOURISHING THE POWER WOMAN IN YOU.

Coffee has come a long way and is more than just a hot mug of morning-wake-up-call beverage. **Coffee is regarded as the stylish beverage of choice for women with phenomenal benefits.** It protects you from cancers, deadly diseases, aging, depression, and also improves your personal and reproductive health.

A coffee like no other, **EDMARK CAFÉ TROIKANI** contains **essential ingredients that aid women's total vitality.**

Kacip Fatimah (Labisia pumila)

- Rich in **Phytoestrogen** which is important for women's health
- **Antioxidant** properties
- Relieve **postmenopausal** symptoms
- Strengthens **Libido**

Manjakani

- Natural **antioxidant** and **anti-inflammatory** agent
- **Diabetes** preventing properties
- Encourages **health of reproductive organs**
- **Osteoporosis** preventing properties

Collagen

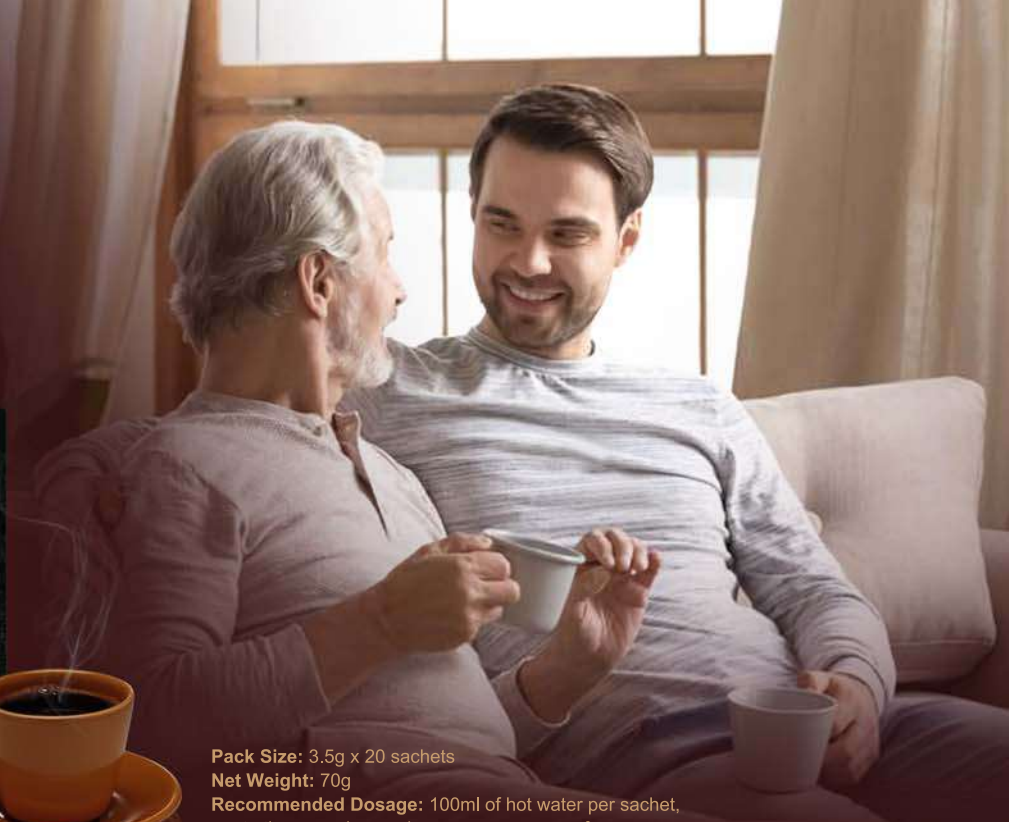
- **Healthier** and **younger-looking** skin
- Relieve **joint pains**
- Promotes **heart health**

Additionally, **Café Troikani** is a good source of healthy ingredients and vitamins i.e. **Riboflavin (B1), Niacin (B3), Pantothenic acid (B5), Potassium, Magnesium, and other minerals.**

Benefits of Café Troikani

- **Protects against (women-related) diseases**
- **Aids in post-partum Recovery**
- **Regulates menstrual cycle**
- **Alleviates menopausal symptoms**
- **Retains skin elasticity and firmness**
- **Overall weight management**
- **Prevents bloatedness and water retention**

Café Troikani is formulated with **less sugar** to ensure that it is **more healthy** while **maintaining the great taste of coffee.**



Pack Size: 3.5g x 20 sachets
Net Weight: 70g
Recommended Dosage: 100ml of hot water per sachet, up to three servings a day or as per user preference

EDMARK Café Power Black - Better not Bitter

Starting your day strong is important. There is no stronger start to the day than with a cup of Edmark Café Power Black. Made with premium-grade coffee beans from South America, the intense and strong flavour of Café Power Black is the perfect start to your day.

On top of all the known benefits of coffee, **Café Power Black** also contains all the benefits of **Ganoderma** extract too. A cup of Café Power Black a day regulates your **blood sugar**, **promotes anti-cancer** properties and **prevents diabetes**, promotes a **healthier heart**, and **combats ageing**. At the same time, Café Power Black is the perfect **energy booster** you need for the entire day.

Benefits of Café Power Black

- Increased stamina
- Improved cardiovascular functions
- Improved immune system
- Oxygenated red blood cells



Ganoderma



EDMARK CAFE 73

- ALL NATURAL GANODERMA
INSTANT COFFEE.



Pack Size: 12g x 20 sachets

Net Weight: 240g

Recommended Dosage: 100ml of hot water per sachet, up to three servings a day or as per user preference

What is Ganoderma Lucidum?

In China, for over 5,000 years, the mushroom known as Ling Zhi (Ganoderma Lucidum) has been called "God's Herb, Magic Herb, Auspicious herb, Precious Herb and a Herb of Life". Also recognized by its Japanese name Reishi. Over the ages, Ganoderma Lucidum has become ingrained in Oriental art and culture because of its prestigious status in Traditional Chinese Medicine (TCM).

The perfect blend - Café 73

Café 73 with Ganoderma Extract is much healthier than regular coffee. Café 73 is made of the best Arabica and Robusta coffee beans for the crisp, delicious Arabica coffee aroma and taste. The health-conscious will also appreciate the effects of Ganoderma in Café 73.

Active Compounds

ADAPTOGEN TRITERPENES

Anti-oxidation, anti-inflammatory, anti- hypertension, anti-tumor

GERMANIUM

Supports immune system, oxygen enrichment & increase metabolism

POLYSACCHARIDES

Removes toxins & controls the destruction of healthy cells

COUMARIN

Increases blood flow in the veins and decreases capillary permeability

MANNITOL

Protection against tooth decay and useful for people with diabetes as alternate sweetener

ADENOSINE

Weight loss, promote sleep, prevent fragmentation of platelets

Benefits of Café 73

Sugar-Free, yet DELICIOUS

Boosts immune system

Lowers blood sugar level and pressure

Ganoderma blended with best quality coffee beans, sugar & non-dairy creamer

No artificial coloring, flavoring, or preservative

Oxygenate the body and & balance body pH

Supports blood circulation & rejuvenates cell

Support memory and focus

Promotes better sleep



Pack Size: 16g x 20 sachets
Recommended Dosage: up to three times a day or as preference

EDMARK RED BUBBLE TEA

- SOOTHING. REFRESHING. RELAXING. A RIGHT COMBINATION FOR A HEALTHIER AND POSSIBLE LONGER LIFE!

Tea is regarded as one of the healthiest lifestyle beverages you can find; as it is rich in antioxidant compounds of polyphenols that helps the body fight harmful free radicals in the body. Free radicals are formed naturally; but increase with smoking, alcohol consumption, air pollution, infection, stress, excessive sunlight, and toxins like radiation and asbestos.

Antioxidants are believed to protect cells from free radicals and harmful oxygen molecules thought to damage cells that contribute towards cancer, atherosclerosis, alzheimer diseases and rheumatoid arthritis; and perhaps an underlying reason to why we aged dramatically too.

Some of the **main benefits of tea** are as follows:

- Bolster immune defenses**
- Builds stronger bones**
- Contains antioxidants**
- Increases metabolism**
- Reduces stress and depression**

Edmark's Red Bubble Tea is the perfect tea drink when you take a break from work to reduce stress. Inspired by Malaysia's "Teh Tarik", this unique blend is made with real *Camellia Sinensis* (tea) leaves and infused with Red Yeast Rice extract; and contains the right dose of antioxidant compounds to help your body stave off illnesses and regulate cholesterol.

Studies have shown that Red Yeast Rice contains a natural substance called Monacolin K, a supplement that can significantly reduce bad cholesterol and assist in cardiovascular health. Monacolin K prohibits the production of HMG-CoA reductase which is the sticky deposits (called **plaques**) in the cholesterol.

Lowers Bad Cholesterol



HMG-CoA Reductase

Inhibits the liver's production of cholesterol. By lowering cholesterol concentrations, red yeast rice can help prevent heart disease and some of its complications.

Mevalonic Acid

An active ingredient of red yeast rice, has also proven to offer antioxidant properties

Benefits

- Reduces levels of bad cholesterols and triglycerides**
- Raises levels of good cholesterol**
- Enhances circulation and digestion**
- Soothes abdominal pain**
- Promotes antioxidant and anti-ageing properties**

In fact, the Chinese have been using the Red Yeast Rice since 800AD to soothe ailment from upset stomachs, diarrhoea and indigestion, plus improve blood circulation. Early studies of Red Yeast Rice even suggest that its consumption can reduce the growth and spread of cancer cells.



Pack Size: 28g x 20 sachets
Net Weight: 560g
Recommended Dosage: Three times a day
or as preference

EDMARK MOCHA

Creamy, Strong, Chocolatey, and Keeps You Healthy.

EDMARK Mocha indulges you with a rich serving and flavour of chocolate, married with a creamy and strong body. But it is more than just a simple hot beverage.

Every sachet of the **EDMARK Mocha** comes with gourmet coffee beans sourced from Columbia and Brazil combined with premium cocoa powder from Ghana. The great tastes of the chocolatey coffee mix are also accompanied by the benefits of **Ganoderma Lucidum** and **Ginseng** extract in EDMARK Mocha.

The Miracle Mushroom Blends is a series of specialty coffees from Edmark's Coffee Collection that contains a special ingredient called Ganoderma Lucidum. This collection is lovingly enriched with a wide range of health benefits that will elevate your coffee indulgence, leaving you to think again about having a cuppa even before you go to bed.

The benefits of Ganoderma Lucidum

- **Anti-oxidant, anti-hypertension, anti-tumor**
- **Boosts immune system and stamina**
- **Increase metabolism**
- **Toxin removal**
- **Promotes healthy cells**
- **Increased blood flow**
- **Protects against tooth decay**
- **Weight loss**
- **Promotes better sleep**
- **Tastefully crisp and delicious**
- **Lowers blood sugar level**
- **Oxygenate the body and balance body pH**
- **Supports blood circulation and rejuvenate cells**
- **Supports memory and focus**
- **Reduces blood pressure**





EDMARK HEALTHCARE & WELLNESS

Living Well, Choosing Health

Healthcare and wellness are often being used interchangeably. It is an active process of **growth and change** to reach the best health and well-being you can experience. It is associated with an active lifestyle, consciously making choices, controlling risk factors, having a balanced diet with a focus on nutrition, and healthy lifestyles.

Wellness, in their definition, is “the **optimal state of health** of individuals and groups. In other words, wellness in someone’s life is expressed as “**a positive approach to living.**” In a sense, you cannot choose your sense of health while you can consciously choose wellness by living responsibly. That is the biggest difference between healthcare and wellness, one is an active process. They go hand in hand though as **health and healthcare are priorities of any goals in living life to your fullest.**

At **EDMARK**, we believe wholeheartedly that health and wellness start with a **pure** conscience, a choice to live life to the fullest. Our products are made with the highest quality ingredients for the most **potent** results so that you can live your life to its full potential. They are also made with **all-natural** ingredients designed to work for any individual. When you choose wellness with EDMARK, you choose good health too.





INCREASE YOUR BODY'S NATURAL FIGHTING SYSTEM WITH EDMARK'S VERY BERRY.

An Instant Berry Powdered Drink made from Real fruit juice powder (No artificial flavour)

EDMARK's Very Berry is an instant berry powdered drink that has the real fruit taste with Elderberry Extract from Elderberry imported from Italy and pure fruit juice powder.

Elderberry is;

Has one of the highest antioxidant capacities in the world



Can combat virus infection



Boosts immune system response against virus



Encourages human cell replication accelerating wound healing



Prevents cold and flu





Pack Size: 5g x 20 sachets
Net Weight: 400g
Recommended Dosage: One sachet with 150ml of cold water daily.

Elderberry boasts:

2 times the natural antioxidant capacity of most other fruits

5 times as many anthocyanins than blueberries

8 times as many anthocyanins than cranberries

Note: Anthocyanins are water-soluble pigments that has the ability to protect against a myriad of human diseases including liver dysfunction, hypertension, vision disorders, microbial infections, and diarrhea.

Active Ingredients:

Elderberry Extract

Used to prevent influenza, infections, headaches, dental pain, heart pain and nerve pain.

Blackcurrant

Lower bad cholesterol and improve cardiovascular health.

Aronia Berry

Protects our eyes from cataract formation, improves blood circulation, and protects your body against cancer.

Cranberry

Prevents urinary tract infections, improve bladder health, and help fight against formation of kidney stones.



Benefits of EDMARK's Very Berry:

- High in anti-cancer properties
- Strengthens immune system
- Prevents Diabetes
- Anti-aging properties to keep you looking young
- Help improve your heart's health
- Helps to Fight Anaemia (Iron Deficiency)
- Anti-virus properties to help keep you safe
- Helps you maintain a healthy blood pressure
- Tasty and refreshing weight management alternative

OAT BRAN



BROWN RICE



HAWAIIAN SPIRULINA



EDMARK SPIRO INSTANT NUTRITIONAL CEREAL MIX WITH SPIRULINA POWDER

EDMARK's SpiRO Cereal Mix with Spirulina Powder



Pack Size: 30g x 16 sachets **Net Weight:** 480g
Recommended Dosage: 3 x times a day or when preferred.

EDMARK's SpiRO is an instant, highly nutritional cereal mix with Spirulina powder. It is made from high quality oat bran, rice bran and protein-rich Hawaiian Spirulina.

Hawaiian Spirulina is rich in protein, vitamins, minerals, and carotenoids, antioxidants that can help protect cells from damage. It contains nutrients, including B complex vitamins, beta carotene, vitamin E, manganese, zinc, copper, iron, selenium and gamma linolenic acid - GLA (an essential fatty acid.)

Apart from instant cereal and Spirulina, EDMARK's SpiRO Cereal Mix also contains Oat Bran and Brown Rice which is rich in antioxidant and inflammation-fighting properties, helps digestion as well as the ability to help regulate the immune system.

Benefits of the SpiRO:

- Lowers cholesterol level
- Improves gastrointestinal and digestive health
- Prevents cardiovascular disease and supports overall cardiovascular health
- Aids in weight loss
- Slows down sugar and fat absorption
- Enhance natural cleansing and detox mechanism in your body
- Encourages bone health
- Reduces cancer risks
- Promotes better sleep



EDMARK BG 73

Packing Size: 12g x12 sachets **Net Weight:** 132g
Recommended Dosage: 1-2 sachets daily before meals

Start your day the EDMARK way with BG 73 (Beta-Glucan 73)
BG 73 is not your ordinary kind of oat drink. It will give you a soft taste explosion that could not just feed your tummy, but could also satisfy your soul with its outstanding benefits.

BG 73 is

- Quick and easy to prepare.
- All-natural with no artificial flavouring
- Good for vegans and vegetarians as the oats are plant-based
- Lactose-friendly

AN INSTANT OAT DRINK THAT GIVES BACK TO YOUR HEALTH HAS BETA-GLUCAN

BG 73 contain a soluble fibre called 'BETA-GLUCAN 73' that promotes good cholesterol and improving your general health and wellness. Your everyday lifestyle and eating habits can cause high cholesterol that is linked with a higher risk of cardiovascular disease.

BG 73's distinctiveness among its same sets is that our oats contain **6 times** more Beta-Glucan plus Zinc and Magnesium too, making this oat drink not just delightful but keep diseases at bay!

Benefits of BG 73;

- Incredibly high in fibre
- Rich in antioxidants
- High source of Omega 6
- Regulates sugar levels
- Encourages weight loss
- Effective in managing cholesterol



EDMARK

100% ORGANIC

SPLINA CHLOROPHYLL SOAP



Packing Size: 100g x 3 bars Net Weight: 300g



Chlorophyll is a substance found in nearly all species of green plants because of its role in keeping them alive, which is vital to the survival of the flora and fauna of the planet.

Just like plants, chlorophyll **“attracts sunlight to your skin”** and that way, it can have some role to play in treating acne or the eruptions of impurities to your skin. This concept is known as **'photodynamic therapy'** practised by dermatologists, where a **photosensitizing** is added to the skin, thus even helping in decreasing the harmful effects of the exposure to ultraviolet rays.

Say **NO** to Ordinary Soap



Key Ingredients:

- Concentrated Chlorophyll taken from White Mulberry Leaves

Suitable for hair and beauty care

Soothes dermatitis

Natural remedy for inflammation

Reduces ageing from sun exposure

Benefits

- Eliminates pimples and eczema
- Heals wounds
- Natural Antiseptic
- Gets rid of Body Odour
- Pleasant fragrance
- Brighten skin

Directions for use:

- In shower use, lather all over the body and areas that needs most attention



EDMARK FLUORIDE FREE SPLINA CHLOROPHYLL TOOTHPASTE



Packing Size:
100g x 1 Tube



In 2007 and 2010, the American Dental Association reportedly published two literary findings on how too much Fluoride is the cause of gum and teeth ailments to date.

Directions for use:

- Preferable, twice a day in the morning and before bedtime.
- Recommended to brush after all meals.

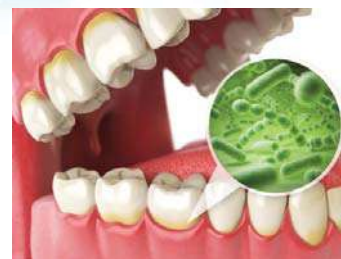
The risk from ingesting too much fluoride are:

Permanent discoloration (Dental Fluorosis)

Stomach Discomforts and Acute Poisoning

Skin rashes (Perioral Dermatitis)

Impairment of Glucose Metabolism



As such, our all-natural toothpaste, EDMARK's Fluoride Free Splina Chlorophyll Toothpaste is created and fortified with mineral-rich chlorophyll and 100% natural xylitol to help promote good oral hygiene, help soothe gums, freshen breath and vital in fighting all causative factors with tooth decay and gum disease.

Key Ingredients:

Concentrated Chlorophyll taken from White Mulberry Leaves

- Natural remedy for inflammation and prevention of ulcers etc.
- Reduces ageing or damage from sun and light exposure.
- Photodynamic therapy that converts solar energy from the sun to soothes gums and your breath.
- The soothing chlorophyll also reduces and neutralizes destructive acids that feed bacterial growth.

100% All Natural Xylitol

- Safest rating of food additives as sanctioned by WHO and suitable for toothpaste manufacturing.
- Prevent tooth decay, chronic mouth diseases and the buildup of plaque.
- Reduce the demineralization process, which is the first stage to tooth decay.
- Increases salivary glands that aids in ensuring a stronger teeth.
- Effective sugar replacement for all, including diabetes patients.

Benefits

- Fluoride free and safe toothpaste
- Maintains natural pH in the mouth
- Improves strength of teeth and gums
- Eliminates Halitosis (bad breath) and foul smells
- Prevents Gingivitis (bleeding of gums)
- Protects against Pyorrhea (gum infections)
- Natural antiseptic that discourage bacterial growth





Packing Size:
25gm bottle
OR 6gm tub

EDMARK Medi Rub

THE NATURAL HEALING POWER OF NUTMEG

A warming, therapeutic nutmeg-based ointment, EDMARK's Medi Rub is formulated to relieve everyday aches, pain, and other common ailments that interfere with your quality of life. The combination of the natural and purest oils from the Nutmeg fruit is uplifting and energizing; plus it has a very warm and comforting Match to the pleasant warming sensation it delivers which is great for sensitive skin too.

Nutmeg is also beneficial as it protects the organs in different ways, such as being a proven antioxidant. This means that it may protect your cells from oxidative damage, allowing them to perform their intended functions.

Key Ingredients:

Nutmeg Oil

- **Rich in antioxidants**, from its essential oils, and plant pigments, which help prevent cellular damage and may protect against chronic diseases.
- **Natural and active anti-inflammatory** to alleviate joint and muscle pain also reduces bruising.
- **Relaxing enough** to help you sleep.

Eucalyptus oil

- **Warms and helps relieve arthritic** and rheumatic pains; even menstrual cramps.
- **Excellent massage** consistency for immediate relief.

Menthol

- **Provides a warming sensation** to the area, increasing blood flow to inflamed and painful areas.

Benefits

- Relieves muscle aches and pains.
- Soothes migraine, headaches, stomach aches
- Reduce inflammation, burns, mosquito bites, and swellings
- Stimulates blood flow and circulation
- Induces sleep and relaxation
- Warms up the body
- Safe for most type of skins

Directions for use:

- Apply where needed
- Avoid eye areas
- Not suitable for children aged below 5 years old



LIVING WELL, CHOOSING HEALTH







DESIGNED TO MAKE YOU FEEL GOOD EVERYDAY

Today, people take health supplements to make sure they get enough essential nutrients and to maintain or improve their health. Why? Because the truth is our body needs the everyday essential **nutrients** especially given the fast-paced environment we live, work and play in today.

While keeping a healthy and balanced diet is regarded by many as “enough”, and supplies you with “all” your nutritional needs, your body might require more of certain nutrients you may not be able to get from just foods alone. That is why you need supplements.

Supplements are not meant to be meal replacements, nor are they substitutes to nutrients you get from the natural foods you consume. They are **additional nutrients** that boost your physical potency and make up for nutrient gaps and help your body to function even better. In functioning better, you put less stress on your muscles, and organs, alleviating stress from the daily hustle and bustle.

Introducing EDLIFE - our latest line-up of supplements, supplements created not just to boost your bodily functions but to also ensure that you enjoy your daily supplements. EDLIFE stays true to our belief that our products should contain the **purest** of ingredients; from the best **all-natural** sources. Backed by science, our products are **potently** formulated to not only be beneficial to your life but also to seamlessly fit your lifestyle.

EDLIFE’s supplements are formulated to not only be **good for you** but to also taste good so that you can look and feel good.

- **Benefits of EDLIFE’s supplements:**
- **Cleanses and Detoxifies from Toxicities**
- **Restores and Rebuilds Damaged Cells**
- **Overall Brain, Skin, and Body Boosters**
- **Harmonises and Maintains a Healthier Body**
- **Potent Power of Plant Based and Natural Ingredients**





EDMARK VEE C

Dose: 250mg per tablet
Packing Size: 60 tablets per bottle
Recommended Dosage: Chew 2-4 tablets once daily with or after meals.

The Chewable Vitamin C that Keeps the Virus at Bay.

Vitamin C, also known as ascorbic acid, is an essential nutrient known for its role in enhancing immune response, tissue repair, youthful appearance, and providing function support in the nervous system. It has been proven to neutralize harmful free radicals in your body and helps prevent or reverse cellular damage and strengthen immunity against viruses and diseases.

While vitamin C can be found in a wide variety of fruits and vegetables; supplements are the easiest way for individuals to obtain the optimum amount of Vitamin C.

Introducing EDMARK VEE C - Vitamin C goodness in every bite.

Vee C chewable tablet is the latest nutrition supplement from EDMARK. Whether you're a kid, or a kid at heart, taking your vitamin C has never been easier or more delicious in this form of a chewable tablet. Vee C contains 250mg of Vitamin C in a single chewable tablet which ensures that you have all the necessary Vitamin C for the day.



Our chewable Vee C tablets are made from the :

Natural Orange Juice Concentrate Powder

Naturally sweetened

Ascorbic Acid

Boosts Vitamin C levels in your body

Sodium Ascorbate

An antioxidant; maintains the health of skin, cartilage, teeth, bone, and blood vessels, protecting them from damage.

Benefits of Vee C:

Providing all-day immune protection

Helps overall development of cells

Shorten the duration and severity of colds and virus attacks

Assist formation of collagen and absorption of iron

Regulates the proper functioning of the body's well being

Repairs all body tissue and wound healing

Maintenance of cartilage, bones, and teeth.

Sodium Ascorbate



Pack size: 20 x 240 mg vegetable capsules
Note: Chlorophyllin water soluble capsule is not for oral consumption but to be dissolved into bottled mineral water to be consumed.

EDLIFE

CHLOROPHYLLIN 240mg CAPSULES

AN ALL - NATURAL WATER SOLUBLE CAPSULE FOR OPTIMUM NUTRIENTS ON THE GO !

Introducing **EDLIFE Chlorophyllin 240mg Capsule** - your best friend and the perfect water soluble supplement companion for your active lifestyle. Extracted from White Mulberry Leaves, each capsule contains all the same nutrients and benefits of the Edmark Splina Liquid Chlorophyll.

Packed in a compact capsule, **EDLIFE Chlorophyllin 240mg Capsule** is the answer to harnessing the power of liquid Chlorophyll on the go and without slowing down. Tailored for chlorophyll lovers who has an active lifestyle both on and off work, this veg-capsule is **designed to dissolve easily into water*** for ready consumption and easy absorption into your system.

Each compact **Chlorophyllin 240mg Capsule** contains enough **Chlorophyll** to rejuvenate and revitalize you according to your lifestyle, health, and dietary goals. Plus you can **easily take these capsules with you anywhere you go** too, simply by dropping them into your bottled water for easy consumption.

STEP BY STEP GUIDE:



1.

Drop in one Chlorophyllin capsule into a 500ml (small) bottled water.



2.

Allow 10 minutes for Chlorophyllin capsule to dissolve.



3.

After the Chlorophyllin capsule has dissolved, shake well.



4.

It's ready to drink from the bottle.



Note: for 1,500ml (large) bottled water consumption, drop in two (2) Chlorophyllin capsules.

3 MAIN FUNCTIONS:

- Balances acid and alkaline levels in the body
- Cleanses the digestive system & assist in purifying the blood
- Nourishes as its rich in vitamins A, C & E, Zinc, Folic Acid, Calcium, Magnesium and Iron

BENEFITS OF EDLIFE CHLOROPHYLLIN:

- Protects from UV radiation
- Increases blood count
- Boosts the immune system
- Increases the oxygen supply in the blood
- Reduces wrinkles and aging
- And much more





EDMARK EdCare CREATED TO UNLOCK THE NATURAL YOU

The hustle and bustle of today damages your body more than you know. The combination of unhealthy and unbalanced diet with increased pollution in the air creates an imbalance in your hormones which eventually cascades into other problems.

- Oily skin
- Dry skin
- Sensitive skin

Sensitive skin on your body also leads to a few adverse effects to the skin like;

- Prone to infections
- Allergic reactions
- Cracked skin
- Accelerated ageing
- Worsening existing skin conditions

Therefore, it is important to protect your skin from environmental damage and to reverse the ageing effect. The EDMARK skincare products are made of all-natural ingredients designed to keep your skin healthy and mindful. The unique potent formulation of EDMARK's skincare products are made with purity in mind to also help you maintain a serene and youthful skin no matter the skin type.

EDMARK EdCare Personal Care regime is;

Hypoallergenic	- Less allergens, allergic reactions are less likely
Dermatologically tested	- Medically tested in consultation with dermatologists for skin reaction
Paraben-Free	- free of harmful chemicals
SLS/SLES Free	- Sodium Lauryl Sulphate / Sodium Laureth Sulphate tends to strip the skin of its natural oils which causes dry skin.
PEG Free	- Polyethylene Glycol (PEG) is known to induce allergic reactions and dermatitis in some cases
Non-Silicone	- Silicones tend to function like an artificial layer on your the skin and will trap debris in your skin causing acne and congestion
All-Natural	- made from the best natural sourced ingredients



Regenerate with Clarifying Edcare Face Scrub

Key Ingredients:

Finely ground Grape Seed Powder from France

- Excellent source of vitamins C and E, that de-stresses and revives tired skin into its youthful splendor
- Antioxidants known as flavonoids, all of which improves texture and reduce the signs of aging

100% Natural Volcanic Perlites from the Mediterranean Sea

- Natural siliceous volcanic perlites, delicate in size and sensitive to all skin types
- Unclog overactive or underactive pores or sebaceous glands
- Gently loosens dirt and grime, while rejuvenating the skin

Benefits:

- Maintains a **clearer and healthier** looking skin type
- **Soften and tightens** the skin elasticity
- **Anti-ageing properties** for that glowing look
- **Stimulates** dead cells and **dull skins**

Direction for use:

1. Lather and gently massage onto the skin with circular, upward motions. Avoid the eye area.
2. Rinse thoroughly with clean water, and ensure to remove all scrub residue.
3. Gently pat dry with clean, soft towel
4. Best followed Extra Gentle Face Wash



Delicate and Extra Gentle Edcare Face Wash

Key Ingredients:

Glycerin and Hydrophilic Emollient

- Attracts water and seals in the moisture
- Keeping skin hydrated and supple

Pure Tea Tree Oil

- Natural antibacterial and cooling benefits to the skin
- Protects skins from eczema and other skin impurities

Benefits:

- **Moisturises** and maintains the **skin elasticity**
- **Anti-ageing properties** for that youthful elegance
- **Lifts away dirt**, make-up and oil residue, for the refreshing feeling
- **Promotes** a radiant look

Direction for use:

1. Lather and massage onto the skin with circular motions. Avoid the eye area
2. Rinse thoroughly with clean water. Ensure to remove all soap residue
3. Pat dry with a towel and apply lotion to lock in moisture



Rejuvenating and Invigorating Edcare Body Scrub

Key Ingredients:

100% Natural Volcanic Perlites from the Mediterranean Sea

- Boosts circulation, instantly smooths and renews lacklustre skin.
- Larger yet gentle perlite volcanic rock with an exfoliating and rehydrating effect
- Natural humilant that moisturises and nourishes
- Conditions and reactivates microcirculation and promotes effective cleansing
- Reduce the thickness of the upper skin layer, leaving a smoother feeling upon touch.

Benefits:

- Revitalise and nourishes the skin
- Anti-ageing properties for that glowing look
- Stimulates dead cells and prevents clogged pores
- Smoothens and maintains the skin elasticity
- Lifts away dirt, make-up and oil residue, for the refreshing feeling

Direction for use:

1. Gently massage all over the body, with greater emphasis can be applied to rough areas (i.e., elbows, heels, knees and groin etc).
2. Rinse off thoroughly with clean water and ensure to remove all scrub residue.
3. Best followed by Mild Body Wash



Calm and Refreshing Mild Edcare Body Wash

Key Ingredients:

Menthol

- Organic from plants such as peppermint and eucalyptus
- Produces a cooling sensation leaving skin refreshed

Surfactant

- Natural foaming agent used to boost bubble effect
- Helps remove dirt and impurities

Glycerin and Hydrophilic Emollient

- Attract water and seal in the moisture, keeping skin hydrated and moist

Pure Tea Tree Oil

- Refreshing natural antibacterial and cooling benefits to the skin
- Calms damaged, dry and eczema prone ailments

Benefits:

- Cool and refreshing feeling
- Removes the dirt and impurities
- Prevents dull and damage skin
- Maintains youthful suppleness
- Seals in the moisture on the skin

Direction for use:

1. Lather and gently massage all over the body working from top to bottom.
2. Rinse off with clean water. Ensure all soap residue are removed from skin
3. Pat dry with a towel and apply lotion to lock in moisture.



Cell Renewing Edcare Hand & Body Lotion (REFINED FRAGRANCE)

Key Ingredients:

Ectoin

- Powerful natural active ingredient developed for a perfect anti-aging solution
- Protect skin from environmental stressors related to different types pollutants like allergens that prevents cell damage

Shea Butter

- Anti-inflammatory and rich skin-care properties that calms and repairs any skin damages or scarring
- Retains moisture and keeps skin supple, hydrated and firm

5 natural oils (Meadowfoam Seed, Canola, Argan, Sunflower Seed and Rosehip)

- Prevents excessive loss of natural moisture for long-lasting hydration

Woody aromatics, jasmine, lemon and bergamot fragrances

- Refined zingy lemon fresh odour

Benefits:

- Youthful and blemish free skin from head to toe
- Moisturises and maintains the skin elasticity
- Enriching anti-ageing properties
- Speed up the scar-healing
- Hydrates and improves skin's natural barrier
- Non-sticky and lightweight feeling on skin

Direction for use:

1. Place a quarter size into the palm of the hand and massage all over the body in a circular motion until fully absorbed.
2. Use daily for optimal hydration. Be more generous on areas with thick or dry skin (i.e., elbows, joints and knees).



Brightening and Firming Edcare Hand & Body Lotion (CHARMED FRAGRANCE)

Key Ingredients:

Titanium Dioxide

- A UV filter against the harmful rays of the sun
- A whitening agent with skin lightening properties

Juicy pink grapefruit and freesia flower fragrance

- Leaves you a fruity and floral refreshing odour

Ectoin

- Restore and improve skin's cell barrier function against harsh weather and environment stress
- Leads to long-lasting healthy youthful glowing skin

Shea Butter

- Antioxidants that neutralizes sun damage and prevent ageing
- Boost the production of collagen in strengthening skin
- Rich in vitamin E, A and F to get rid of unwanted wrinkles, firm the skin and moisturises accordingly
- Natural skin lightener properties

5 natural oils

- Blend of Meadowfoam Seed, Canola, Argan, Sunflower Seed and Rosehip Oils
- Prevents loss of moisture for long-lasting hydration

Benefits:

- Refresh, revitalize, and enlivens the skin
- Brightens dull skin for a radiant look
- Firms, smoothen and visibly lifts skin elasticity
- Diminishes lines, wrinkles and scarring
- Protect and moisturises a natural glow
- Enriching anti-ageing properties
- Non-sticky and lightweight feeling on skin

Direction for use:

1. Place a quarter size into the palm of the hand and massage all over the body in a circular motion until fully absorbed.
2. Use daily for optimal hydration. Be more generous on areas with thick or dry skin (i.e., elbows, joints and knees).



EDCARE ROSE WATER MIST

Collagen Infused Mist towards a Youthful Skin

Revitalize your skin anywhere and anytime; even in the harshest of weather with EDCARE's Rose Water Face Mist. Created as the refreshing and hydrating mist to **use anytime, anywhere**, it is enriched with the purest soothing ingredients that help maintain the skin's **youthful appearance** and keep it **hydrated throughout**.

Key Ingredients:

Pure Rose Water Extracts:

- Natural anti-inflammatory agents to soothe skin irritation such as acne, eczema, or rosacea
- Anti-bacterial contents to reduce skin redness and puffiness
- Flavonoids and vitamins properties, including A, C, D, E, and B3 for an overall healthy and supple complexion

Vegetable collagen (Tremella Fuciformis Mushroom Extract):

- Keeps your skin from sagging, giving us that plump, youthful look
- Maintains moisture and elasticity of the skin

Benefits:

- Maintains the skin's pH balance, hydrates, and revitalizes your skin
- Perfect in dry weather and harsh environmental conditions
- A refreshing mist spray with a pleasant yet natural fragrance allure
- Moisturizes and maintains the elasticity of the skin
- Boost and hydrate skin any time of the day
- Anti-ageing properties suitable for all skin types

Direction for use:

- Close your eyes and gently spray all over your face and neck
- Leave in, do not rinse, and apply as needed

EDCARE Essential Oils

100% Purity in Every Scent

In its essence, essential oils are the essence of plants and it is what gives the plant its scent. It is the oils from various parts of the plants, such as its flower, leaves, branches, and seeds. These oils are extracted from large quantities of the particular plant through processes such as steam distillation and cold pressing resulting in highly concentrated oils.



The Eucalyptus tree is native to Australia. The Eucalyptus Forest type is also the most common type of forest in Australia covering 77% of Australia's native forest area. The oil extracted from the leaves of the tree can be used to treat several ailments and conditions;

- **Nasal congestion**
- **Asthma**
- **Tick repellent**

The diluted Eucalyptus oil can also be applied to the skin to treat skin conditions and for other benefits like;

- **Arthritis**
- **Skin ulcers**
- **Ease Cold Symptoms**
- **Respiratory Health Benefits**

Origin: Australia

Aromatic Notes: Minty, Woody, Citrus, camphoraceous

Volume: 15ml

Direction to Use: Apply to the desired area. In case of sensitivity, dilute as needed with a carrier oil(s) as per your essential oil recipe book. Best used with a diffuser.



Lavandula Angustifolia, or more commonly known as True Lavender is native to Mediterranean countries like France. It blooms in Spring and produces flowers in Summer periods. Traditionally the Lavender finds its way to baths, perfumes, and even in medicinal contexts. The benefits of essential oils extracted from Lavender are;

- **Improves sleep**
- **Reduces stress**
- **Treating skin blemish**
- **Natural pain reliever with Aromatherapy**
- **Asthma reliever**

Origin: France

Aromatic Notes: Floral, Herbal, Sweet

Volume: 15ml

Direction to Use: Apply to the desired area. In case of sensitivity, dilute as needed with a carrier oil(s) as per your essential oil recipe book. Best used with a diffuser.



Lemon is a popular fruit commonly used in small quantities to enhance or add flavour. The Vitamin C rich fruit is commonly used in baked goods, salad dressing, marinades, and even desserts. Lemon oil is usually extracted from the lemon peel through steam extraction or "cold-press". Aside from combating bad smells, Lemon oil has several benefits such as;

- **Reduce anxiety and depression symptoms**
- **Ease morning sickness symptoms**
- **Prevents acne breakouts**
- **Increased focus**
- **Improves mood**

Origin: China

Aromatic Notes: Complex Citrus, Tangy Green, Sweet, Fresh.

Volume: 15ml

Direction to Use: Apply to the desired area. In case of sensitivity, dilute as needed with a carrier oil(s) as per your essential oil recipe book. Best used with a diffuser.

Aromatherapy is the art of using essential oils from plants to heal one's mind and body. Essential oils, in its purest forms, were among the first medicines available to humans dating back several centuries. Aromas can awaken senses which help relax the body and impart a sense of well-being. Skilled aromatherapists can blend essential oils to calm the nerves, increase circulation, quicken the mind, excite sexual longing, or any other things aimed to improve their patients' mental and physical health.

We pride ourselves in Edcare's essential oil range for aromatherapy as they are pure in form, potent in their intended purpose, and completely sourced from all-natural ingredients.



The Lemongrass is a plant that is commonly grown in tropical and subtropical areas of the world. Native to Sri Lanka, the plant is commonly used in Asian cooking and also brewed into tea. Ingesting Lemongrass in tea form has many benefits like lowering cholesterol, infection prevention, and also improved oral health. The oil can be used in aromatherapy and directly on your skin with benefits like;

- **Insect (Mosquito) repellent**
- **Antibacterial**
- **Anti-inflammatory**
- **Relieve nausea**
- **Relieve muscular aches and pains**
- **Relieve stress**
- **Relieve headaches and migraines**

Origin: Sri Lanka

Aromatic Notes: Citrus, Herbaceous, Minty

Volume: 15ml

Direction to Use: Apply to the desired area. In case of sensitivity, dilute as needed with a carrier oil(s) as per your essential oil recipe book. Best used with a diffuser.



Peppermint can find its roots in Europe, but it is a plant that can be found all over the world now. The Peppermint is a hybrid plant of Watermint and Spearmint, both plants from the mint family. Peppermint is a herb that features a strong aroma and is typically found in the culinary world as a flavouring or flavour enhancing herb. The essential oil of Peppermint that is extracted by steam distillation is;

- **Treat Irritable Bowel Syndrome (IBS)**
- **Relieve nausea & headaches**
- **Prevents cold**
- **Soothes the skin**
- **Used as a soothing balm**

Origin: India

Aromatic Notes: Sweet, Spicy/Minty, Fresh

Volume: 15ml

Direction to Use: Apply to the desired area. In case of sensitivity, dilute as needed with a carrier oil(s) as per your essential oil recipe book. Best used with a diffuser.



The Tea Tree Oil is commonly extracted from the Melaleuca Alternitolia Tea Tree that is native to the Southeastern coastal areas of Australia. In the eighteenth century, sailors used the leaves to make a tea that smelled like nutmeg. The oil extracted from the leaves of the Tea Tree has been used by aborigines in ancient times to treat coughs, colds, and even directly applied to the skin for healing. Today, Tea Tree Oil is known to be;

- **Fights acne & pimples**
- **Quickens wound healing**
- **Anti-fungal**
- **Antibacterial & kills common viruses**
- **Insect repellent**
- **Fights bad odour**
- **anti-inflammatory**

Origin: Australia

Aromatic Notes: Herbaceous, Earthy, Sharp

Volume: 15ml

Direction to Use: Apply to the desired area. In case of sensitivity, dilute as needed with a carrier oil(s) as per your essential oil recipe book. Best used with a diffuser.



Volume: 125ml
Direction for Storage:
Always store carrier oils in a cool, dark place, or after blended with essential oils, in our glass roller bottles for easy application.

Edcare Carrier Oil

Making your application of essential oils more comfortable, more effective.

Carrier oil, also known as base oil, is a key part of aromatherapy and massage, which are complementary therapies that involve using essential oils to aid physical and emotional health. Carrier oils also make it possible for people to enjoy the benefits of applying essential oils to their skin without experiencing irritation and other skin symptoms.

Diluting essential oils with carrier oil is a critical safety practice when using essential oils. Essential oils alone are temperamental and potent; they begin to dissipate as soon as they are applied. **When it comes to essential oils, less is more.**

It's important to remember that using a carrier oil

- **Does not dilute the effectiveness of the essential oil.** In fact, dilution also makes it easier to apply over a larger area of skin, which helps to increase absorption.
- It prevents them from evaporating too quickly, which **helps the scent to linger for longer**— as inhalation is an important element of how essential oils work in aromatherapy
- More than just a neutral tool for diluting essential oil, your choice of **carrier oils offer their own therapeutic properties** that can greatly influence the effectiveness of a blend, particularly for skin-related issues.

Carrier oils are often plant-based, made from **seeds and nuts with the highest oil concentration**. The Edcare Carrier Oil is created with two of the best ingredients which are **Grape Seed Oil** and palm oil based **MCT**.

Benefits of Grape Seed Oil

Our grape seed oil comes from grape seeds varieties from France; where the oil is the result of cold pressing extraction.

- Rich in vitamin E that reduces acute and chronic skin damage caused by UV irradiation.
- An excellent moisturizer for dry and patchy skin.
- Documented antioxidant and antimicrobial properties
- Lightweight, clear in colour with neutral scent
- Easily absorbed by the skin

Benefits of MCT (Medium - Chain Triglyceride)

- Mildly odored - Does not interfere with scent of aromatic blends
- Absorbs rapidly
- Does not stain clothing
- Leaves behind a silky but non-greasy feeling to the skin.
- Long shelf life
- Our MCT is based on palm oil made in Malaysia & Germany.

How To Use Edcare Glass Roller Bottles



These unique Edcare roller bottles are designed to enable you to apply them where you need them and then rub them in better. We use cobalt blue bottles to avoid deterioration caused by sunlight and protect the aromatic and therapeutic properties of your essential oils, giving them a longer shelf life.

Our Edcare glass roller bottles will make your oils last longer and help the dilution, not weaken the essential oils.

Favorite places to roll oils on are bottoms of feet, neck, behind ears, wrists, temples, chest, spine/back and belly.

Direction to Use

Mix and dilute essential oils as needed as per your Edcare Essential Oil recipe using our Edcare Carrier Oil and store them in our Edcare Rollerball Bottle.

STEP-BY-STEP GUIDE



1. Add the recommended drops of the Edcare Essential Oil to the Edcare Glass Roller bottle.



2. Fill up to 4/5 of the bottle with the Edcare Carrier Oil as instructed.



3. Secure with white roller ball cap, and it's ready to use.

Recommended Essential Oil Recipes

For Stress Reliever / Relaxation

1 drop of Tea Tree Essential Oil
1 drop of Eucalyptus Essential Oil
1 drop of Lavender Essential Oil
Top up to 4/5 of the bottle with Carrier Oil
Mix well
Massage on arms and legs

For Insect Repellent

1 drop of Lemongrass Essential Oil
1 drop of Tea Tree Essential Oil
1 drop of Peppermint Essential Oil
Top up to 4/5 of the bottle with Carrier Oil
Mix well
Use as spray or apply on arms and legs

For Headache & Migraine Reliever

2 drops of Peppermint Essential Oil
2 drop of Eucalyptus Essential Oil
2-3 drop of Lavender Essential Oil
Top up to 4/5 of the bottle with Carrier Oil
Mix well
Rub on forehead and/or temple for best effect

For more recipes and information regarding Edcare Essential Oils, visit Edmarker.com/recipebook.



Aromatic Notes:
Citrus, Minty,
Herbaceous,
Earthy, Sharp
Volume: 30ml

EDCARE MADAGASCAR SPRAY

NATURAL AROMATIC INSECT REPELLENT WITH ESSENTIAL OILS

Madagascar is sometimes called the eighth continent because of its botanical treasure and ecology is so unique that Malagasy essential oils sourced from Madagascar are like no other in the world.

EDCare's Madagascar Spray brings together the potency of Malagasy Lemongrass oil from Madagascar and the best of Tea Tree oil from Australia.

This unique, non-invasive, and intense scent wakes up the soul and refreshes the mind. The combination of these two pure essential oils is a popular tool in aromatherapy to help relieve stress, anxiety, and depression while invoking a freshness into your soul.

Ingredients:

Malagasy Lemongrass oil only from Madagascar

- Natural stress reliever, that helps alleviate headaches, migraines, and nausea.
- Antibacterial properties that are perfect for outdoor use.

Tea Tree Oil from Australia

- Natural insect repellent and masks bad odors
- Promoting the unique scent that is invigorating and refreshing
- Anti-inflammatory and antimicrobial properties to calm redness, swelling, and inflammation

Benefits:

- Natural Insect (mosquito) repellent
- Anti-inflammatory
- Antibacterial, Antiviral, and Antiseptic
- Immune system stimulator
- Relieves aches, pains, and stress
- Prevents feeling of nausea



EDCARE ESSENTIAL OIL

AROMATHERAPY DIFFUSERS

- KEEPS YOU WELL OUTSIDE IN

One of the most popular ways of using essential oils is in the form of aromatherapy, most commonly through using a diffuser.

First, to understand how diffusers work you have to imagine standing next to a waterfall. As the water cascades down, it infuses the air with a cool, calming mist. That's exactly what a diffuser does: infuse your air with pure, and natural wellness. The pleasant aroma indulges your senses and creates the perfect ambience at home or the office.

Similarly, EDCARE Aromatherapy Diffuser does the same and is best used with the EDCARE Essential Oils range. These diffusers are designed to bring nature's abundant healing properties into your home or office, or anywhere you choose to diffuse. Comes in two distinctive and natural-looking designs, the Aromatherapy Diffuser should blend into any home or office setting.



Specs

- 500ml
- 10m/2h/4h Working Timer
- Multicolour lights
- Remote control
- Auto Shut-Off
- Ultrasonic technology



Auto Shut-Off



500ml Capacity



10s / 2h / 4h Working Time



Ultrasonic Technology

Benefits:

- Dehumidifies your home or office
- Improved air quality for comfortable breathing
- Assist in Natural Cleansing and Purifying the air Against Pollutants
- Lowers blood pressure
- Reduce stress and fatigue
- Promotes a calming effect

Direction for use:

- Top up diffusers with 400 -500ml of water, then add in 2-3 drops of EDCare's essential oil of choice
- Press the start/on button
- Turn off when not in use



Disclaimer:

The above information is correct at print time, and is for educational purposes only, and is not intended to replace the advice of your doctor or other health care provider. We encourage you to discuss any questions or concerns you may have with your provider.

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