With 3-year Fermented Kurozu **BLACK VINEGAR** and 7 Scientifically Proven **World-Class INGREDIENTS**

ZENS 薄めの黒酢

CARB-BLOCKER

BLOCK CarbOHydrates DIGESTION *Scientifically*

FOR A HEALTHIER WEIGHT MANAGEMENT

Find Yourself Inseparable from carbs?

Do you always require a large intake of carbohydrates as the main dish with only a minimal amount of side dishes in order to have a sense of satiety?

Far exceeded the ideal **CARBOHYDRATE** intake of **50% - 55%** in a meal!

Carbs can be a Sweet Burden in Your Life

Asians' carb-eating culture makes it difficult for us to adopt the new eating habits, other than main dishes, we also consume refined carbs as desserts after meals, such as cakes and biscuits.

How does carbohydrate cause weight gain ?

+

And why does it relate to sugar ?

REVEALING Whereabouts carbs intake in OUR BODY

Carbs contain starch, sugar and fiber. They are broken down and utilised by human body from the very moment they entered the mouth

Carbohydrates > Food Intake > Intestines > Sugar (Glucose)

1. **Carbohydrate intake**

2. **Enzymes** in the mouth will undergo the first stage of decomposition

3. Complex sugars including starch will **break down into simple sugar molecules in the body**

4. Sugar molecules are then **broken down into glucose** subsequently in intestinal wall and liver

5. Part of the glucose will enter the blood, **the higher the intake of sugar, the higher the rise in blood sugar**

6. Part of the glucose is converted into energy for body use, **the rest will be converted into fat to store in body**

7 When the fat converted from energy has not been used for a long time, it will accumulate

Hence, result in **OBESITY**

Long-Term Effects of a HIGH-CARB Diet

- Overweight and Obesity
- Often Feel Tired
- Endocrine Disorder
- Insulin Insensitivity
- Cardiovascular Diseases
- Slow Metabolism
- Emotional Disorder

LOW-CARB DIET

Harvard: It May Shorten Life

Losing weight by quitting carbohydrates will lead to a higher rebound rate!

A study conducted by a research team from Harvard University on 15,428 American residents between the ages of 45 and 64 showed that **too much (>70%) or too little (<40%) carbohydrate intake will increase the risk of premature death.**

Also, people who maintained their **daily carbohydrate intake between 50% and 55% have the lowest risk of premature death.**

Low-Carb Diet: Higher Chance of Rebound!

Human body requires energy from carbs,
if you stop consuming carbs, your body will begin to burn your muscles, which will cause undesirable effects in the long run!

ZENS
薄めの黒酢

BAMBOO SALT

CHERRY BLOSSOM

KURO SHUGA

Chewable Tablet

BLOCK CARB
Naturally and **Scientifically**!

Exclusive formula that can block both carb + sugar **effectively**

Combines 3-year fermented Kuro黒酢Zu

with

7 Star星の Ingredients

Inhibit Carb Digestion in the body
Without Giving Up
your favourite carbs

Essential Ingredient

With 200 years of fermentation history in **KYUSHU, JAPAN,** the 3-year old Kurozu is rich in amino acids, organic acids, vitamins and minerals

- Inhibit fat absorption
- Promote fat burning
- Neutralise the acidity level of body
- Relieve constipation
- Strengthen immunity
- Relieve muscle pain and fatigue

5 Benefits of KURO SHUGA

- Enhance **insulin sensitivity**
- Reduce **fat and weight**
- Suppress **appetite**
- Prevent **conversion of sugar to fat**
- Inhibit the **digestion and absorption of sugar, starch and fat**

4 HIGHLIGHT INGREDIENTS

THE ENEMY OF STARCH AND SUGAR:

CISSUS QUADRANGULARIS EXTRACT

CQR300

Patented Cissus quadrangularis

Looks like cactus but belongs to the grape family, cissus quadrangularis is also known as the devil's backbone. It has an amazing effect in **blocking the absorption of starch and fat by the human body.**

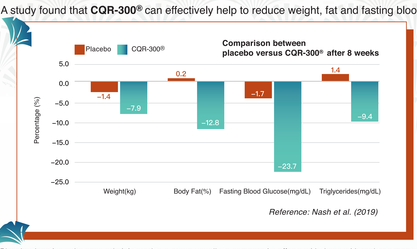
The branded ingredient **CQR-300®** is extracted from the stems and leaves that are rich in stilbene and flavonoids.

Prevent the accumulation of sugar, starch and fat!

CQR-300® can inhibit the activities of amylase, α-glucosidase (carbohydrate digestive enzyme that breaks down starch into monosaccharides) and lipase (fat digestive enzyme) to help:

- Inhibit the digestion and absorption of carbohydrates and fats
- Suppress appetite
- Promote the balance of good and bad cholesterol
- Reduce oxidative stress

A study found that **CQR-300®** can effectively help to reduce weight, fat and fasting blood sugar:



Reference: Nash et al. (2019)

Placebo: Inactive substance administered to a group usually to compare its effects with those with real treatment.

Over a period of 8 weeks, the study involving 67 subjects showed

Reduction of Weight	Reduction of Fat	Reduction of Fasting Blood Glucose	Reduction of Triglycerides
7.9% ↓	**12.8%** ↓	**23.7%** ↓	**9.4%** ↓

INTERNATIONALLY RECOGNISED NATURAL SWEETENERS:

L-ARABINOSE

Found in various fruits and the husks of whole grains, L-Arabinose is known as a low-calorie natural sweetener. L-Arabinose has been widely used by the biomedicine and food industries, also been listed as an "Anti-Obese Nutritional Supplement" by American Medical Association.

In 2008, China's Ministry of Health also formally listed L-Arabinose as a **"New Resource Food"**.

- Act as a natural sweetener to prevent blood sugar spikes
- **Block sugar by inhibiting the activity of sucrase (carbohydrate digestive enzyme)**
- Reduce insulin resistance

POPULAR WEIGHT-LOSS FOOD:

WHITE KIDNEY BEAN POWDER

Originally produced in Mexico and Argentina, white kidney bean is **popular for weight loss due to its ability in blocking dietary carbohydrates** which is similar to chlorogenic acid. In addition to being beneficial for weight loss, white kidney beans are also rich in nutrients such as protein, carotene, calcium and Vitamin B.

- Suppress appetite ✓
- Block sugar by inhibiting amylase ✓
- Reduce fat synthesis ✓

AYURVEDIC MILLENNIUM HERB:

GYMNEMA SYLVESTRE EXTRACT

Widely used in India for more than 2000 years, the active compound in gymnema sylvestre, gymnenic acid has antioxidant and anti-inflammatory properties, it also has a structure similar to sugar molecule. According to ancient Indian Ayurvedic medical scriptures, chewing gymnema can help to block the sweetness of sugar, thereby **reducing the desire for sugary foods and inhibiting the absorption of sugar.**

- ✓ **Prevent the sugar receptors on the intestinal wall from absorbing sugar**
- ✓ **Promote the regeneration of pancreatic beta cells and stimulate the production of insulin**

3 SUPPORTING INGREDIENTS to enhance the carb-blocking effect

Rich in antioxidant polyphenols

GREEN TEA EXTRACT

Promote metabolic rate

Promote insulin sensitivity

Essential trace elements for human body

CHROMIUM CHLORIDE

Regulate carbohydrate metabolism

Stimulate insulin production

Low production, require extra care to cultivate

OKINAWA LESSER YAM POWDER

Promote satiety and reduce hunger

Promote intestinal health

Specially designed for people who ...

Consume large amount of carbohydrates and saturated fat

Overweight and obese adults

Always consume sugary drinks and desserts

Lack of exercise and having sedentary lifestyle

Direction of use: Take 1 tablet (30 minutes before lunch and dinner).