A Sharing
Does the following sound familiar?

- Feeling tired all the time?
- Headaches & Migraines?
- Overweight?
- Backache?
- Constipated?
- Frequent Coughs and Colds?
- Insomnia?
- Worried about Free Radicals?
- Diabetes?
- High Blood Pressure?
- High Cholesterol level?
- Cancer?

With the amount of pollution (air, water and food) today, our hectic lifestyle and our diet, we are making ourselves sick. All we need is one of the following and we are on our way to accelerated aging process and development of disease:

1. a lack of nutrients and vital substances
2. lack of oxygen in the cells
3. over-acidity
4. oxidative stress

(Source: World Health Organization, WHO)

FACTS!

- We are living in a polluted environment.
- It’s not always easy to eat in a balanced way.
- Most of us lack time, are lazy or sheer ignorance keeps us from consuming a balanced diet. Who really eats the minimum of five servings of fruits, vegetables and salads every day?
  And even then, the supply of all essential nutrients is not always ensured (partly due to modern agricultural practices)

In addition, risk factors such as smoking and alcohol further the demand for more nutrients. When taking medicine, our bodies also need more nutrients as many medicines (eg: Antibiotics) do not just increase the demand but also reduce the absorption of nutrients from food.
Thus, supplement is a MUST to ensure our nutrients needs are met. However, there are so MANY health products in the market. Everyone claims theirs is the best. So how do you choose?

Choose supplements that have:
- high absorption rate (no point taking a lot of pills but little nutrient is absorbed)
- effective (good synergistic effect)
- safe (International GMP)
- taste good (let's face it, who wants to take smelly tablets or drinks daily? )

**Nutritional Supplements for Pregnant or Nursing Women**

An "ideal" diet for a pregnant or breastfeeding woman is simply a varied, balanced, natural diet. Unfortunately the food that we eat today contain far fewer nutrients than they did 20 years ago.

<table>
<thead>
<tr>
<th>Minerals and Vitamins (Content in mg /100g food)</th>
<th>1985</th>
<th>1996</th>
<th>2002</th>
<th>Difference 1985 - 2002</th>
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<tr>
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<td>103</td>
<td>33</td>
<td>28</td>
<td>minus 68 %</td>
</tr>
<tr>
<td>Broccoli Folic Acid</td>
<td>47</td>
<td>23</td>
<td>18</td>
<td>minus 52 %</td>
</tr>
<tr>
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<td>24</td>
<td>18</td>
<td>11</td>
<td>minus 25 %</td>
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<td>minus 84 %</td>
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<tr>
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<td>27</td>
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<td>minus 13 %</td>
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<tr>
<td>Bananas Vitamin B6</td>
<td>330</td>
<td>22</td>
<td>18</td>
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</tbody>
</table>

**Statistic From:**
1985 Pharma company Geigy (Switzerland)
1996 & 2002 food laboratory Karlsruhe/Sanatorium Oberthal (Germany)

- Vital vitamins and minerals have dramatically declined in some of our most popular foods
• Modern farming methods, long-haul transportation and crop-breeding practices are contributing to the drop in vitamins and minerals.
• In order to eat a balanced diet of all required nutrients and minerals, we will have to eat 12.6kg of food in a day!!
• Nutritional Supplementation makes perfect sense!
• Choose natural supplements in liquid or drink form that are complete and balanced.
• Bio-availability and the synergistic effects of combined ingredients must be a priority.
• Avoid synthetic vitamins as they are chemical preparations.

Well Being
Mental and Physical Fitness
Good Looks and Positive Charisma

FitLine® ALL-DAY-PACK provides our bodies with the most important nutrients throughout the day. It takes effect at the cellular level – in each of our trillions of cells – where lack of energy, physical ailments, accelerated aging, obesity and other diseases of our day are caused. If our cells are not healthy, we are not healthy and are not able to perform effectively.

The FitLine® ALL-DAY-PACK addresses the main causes of concern which are
1. lack of nutrients and vital substances,
2. lack of oxygen in the cells,
3. oxidative stress and
4. over-acidity in the body
The FitLine® ALL-DAY-PACK with its Cell Energy Concept and the unique Nutrient Transport Concept (NTC) is the ideal anti-aging program for the cells.

As a result, we are youthful, fit and energetic – both at work and at play.

Discover the FitLine concept with the FitLine® ALL-DAY-PACK, which consists of three premium FitLine products. The products are in powder form and all you have to do is supplement your usual diet in the morning with a Power Cocktail drink (FitLine Activize and FitLine Basics Plus) and at night with FitLine Restorate.

Seize this opportunity to give your body the chance to regain its health by taking this product daily for at least three months.

✔ Increase your Energy
✔ Boost your Immune System
✔ Reduce Gastro-Intestinal Illness
✔ Protects against Free Radicals
✔ Re-vitalize your Youth
✔ Feel & Look Better
✔ Toned muscles
✔ Smoother skin & healthier hair
✔ Wound heals faster
✔ Healthier sleep
✔ Achieving a balance body weight naturally
✔ Ability to help our bodies to heal itself
FitLine® Activize® OXYPLUS
Start the day with energy

- Contains all 8 B-vitamins and Vitamin C
- Ensures more mental and physical energy
- Quicker, better & optimal provision of the cells with oxygen
- Transport of nutrients and oxygen into the most remote cells
- Optimum energy transfer
- Better nerve impulses and concentration
- Stimulation of fat release
- With natural Guarana extract

FitLine® Basics® BIO PLUS
No drop in performance thanks to Optimized Digestion

For an optimized supply of nutrients and vital substances and protection of the cells against Free Radicals

FitLine® Basics BIO PLUS is a high-quality, natural concentrate made of different fruit, vegetable and grain extracts, ayurvedic herbs, live cultures of precious lactobacilli, and the most effective antioxidative vitamins and the trace element selenium.

- More than 32 different vegetable digestive enzymes
- High proportion of 9 different soluble and insoluble fibers
- High proportion of living, "intestinal friendly" probiotic lactobacilli
- Helps in relieving constipation
Prebiotic FOS (Fructooligosaccharides) to promote the "good intestinal bacteria"

Maximum cell protection with the most important antioxidants
Vitamins ACE + trace element Selenium

With Ayurvedic herbs and spices (BET) for improved absorption of nutrients (BET = Bioavailability Enhancing Thermonutrient)

Exclusively manufactured with carefully selected, natural substances

A unique combination of numerous bioactive substances with highly potent antioxidant effects

includes the super antioxidants curcumin and oligomeric procyanidins (OPCs) from grape seed extracts. They provide an up to 5 times greater effect than vitamin E and an up to 15 times more antioxidative effect than, for example, Vitamin C.

* FitLine® Restorate®
  – NIGHT – relaxing sleep and optimal acid reduction

- Best possible reduction of acidity in the body
- For good appearance
- For strong bones and teeth
- For good nerves and mental fitness
- To prevent diseases
- With minerals and trace elements vital for life
- For a strong immune system
- For an optimal ratio of acids to alkalines
- For best physical fitness
- For an optimal reduction of acid and waste
**Fitline ADP:**

- **FitLine® Activize OXYPLUS:** an energized start to the day with additional oxygen for the cells and nutrients for more mental and physical energy.

- **FitLine® Basics BIO PLUS:** Mix with Activize in the morning or half an hour before lunch for improved digestion and strong support of the immune system; contains many nutrients against oxidative stress.

- **FitLine® Restorate:** at night for rejuvenation, relaxed sleep and against over-acidity. Superb anti-aging without artificial/synthetic hormones

1. Increase your Energy
2. Boost your Immune System
3. Reduce Gastro-Intestinal Illness
4. Re-vitalize your Youth
5. Feel & Look Better

**Other Fitline products:**

**FitLine® Omega 3 + E NanoSolve®:**

- for a healthy heart and circulatory system and mental agility, highly recommended for pregnant and lactating women

- World-wide the first product in micellized, liquid form with unique patented technology – absorption of the fat-soluble substances into the body is 5 to 10 times higher (NTC®).

- improves important blood values.

- Aids vascular dilation and helps lower blood pressure.

- Can prevent blocked arteries (arteriosclerosis), thereby helping to prevent heart attacks.
FitLine® Q10 PLUS Emusol with Vitamin E:
Increases the energy supply at the cellular level and supports the immune system.

- The body’s ability to retain Q10 is reduced from around the age of 35.
- Protects against oxidative stress, which results from smoking, alcohol, UV radiation and stress or an imbalanced diet.
- Supports the immune system as an antioxidative product.
- Supportive of the heart’s energy production
- Particularly for people involved in excessive physical or mental activity and who have an imbalanced diet.

FitLine® SuperKid

- developed especially for children from 2 - 12 to cover the particularly high demand for nutrients and vital substances during the growth phase.
- Nutrients for nerves and bones
- Essential vitamins
- Minerals and trace elements
- Supports Immune System
- Strengthen & Build Up of Bones
- High Quality “Good Guy” Intestinal Bacteria
- Promotes Physical and Mental Development
- Ability to Concentrate
**FitLine® Fitness-Drink**
especially designed for athletes' special requirements.

- Especially designed for athletes’ special requirements
- Provides many **antioxidative protective substances** and supports the body’s defense against free radicals, which are present in greater numbers during sport.
- Increases **energy gain and improves the ability to concentrate**
- Provides the body with important **electrolytically effective minerals**.
- **isotonically formulated** To ensure a higher and faster absorption
- optimal ability to perform and quick regeneration **without running the risk of doping**.

**FitLine® Antioxy Cellguard**
Deccelerates the cells’ aging process and strengthens our immune system

- Supports the immune system
- Includes the "cell guard team" vitamin C, vitamin E, beta carotene and the trace element selenium.
- Tastes good
- For people watching their calorie and sugar levels, saccharin-free and with 50% fewer calories.
FitLine® Premium Slim Solution:
The perfect Weight Management Concept

*Lose water and toxins:*
- **FitLine® Schlank Tee** herbal tea contributes to the reduction of acidity and to the restoration of the balance between acids and alkalines.

*Lose acids and waste deposits:*
- **FitLine® Restorate** sufficiently promotes the reduction of acid thereby reducing both obesity due to excess fat and that resulting from deposits of water and waste deposits.

*Melt away the fat cells:*
- **The FitLine® Gourmet Shakes** provide the very best of many essential nutrients and vital substances while containing a minimum in calories and supporting the body in melting away its fat cells while the important muscle cells continue to be retained.
  - The new **nanotechnological ingredients** promote thermogenesis, the consumption of calories and transforming them into heat and regulate the appetite.
  - The special **Microfibers** ensuring better digestion, detoxification and a regulation of appetite.
  - The FitLine® Gourmet Shakes SOYA are **guaranteed to be free of** lactoproteins (lactose) and gene manipulated soya.
  - They contain **isoflavones** which are reported to have an additional health-promoting effect on the heart and circulatory system and the hormone levels.
**FitLine® NanoLutein**

Worldwide first product with lutein, zeaxanthin and vitamin E in nanomicellized, liquid form for optimal "ocular performance" and perfect vision into advanced age

Studies on degenerative eye problems indicate that antioxidants contribute to the prevention or may prevent its further development. The risk may be reduced by the correct diet.

Antioxidative vitamins such as vitamin C, vitamin E, carotenoids and the trace elements zinc and selenium from food act like "sun glasses" for the eyes.

Particularly, the carotenoids lutein and zeaxanthin play a special role as they occur in high concentration at the center of the retina and form a protective layer against attacks by free radicals and against blue light. They are the only carotinoids which occur in the lens and the retina.

Promising scientific results from nutritional research

- The risk of losing vision can be reduced by an increased intake of lutein and zeaxanthin.
- A significant improvement in vision and a reduction in sensitivity to bright lights has been observed with this.
- Subjectively, a general improvement in vision was observed.
- Different epidemiological studies document a connection between an intake of around 6 milligrams a day of lutein and zeaxanthin and a reduced risk.
Name: Wong Sau May (Puchong)
Took FitLine during Pregnancy

I have two little girls (as at time of writing: 26-03-05), ages 6 and 4 this year 2005.

During my first pregnancy 6 years ago, I had lots of water retention, hypertension and pre-eclampsia towards the last weeks of my full-term pregnancy. Constipation was really severe that at times, I couldn’t go to toilet for a week. During my second pregnancy 4 years ago, I had bacterial infection that required antibiotics, loads of discomfort and worry.

I took all vitamins that were prescribed by my gynecologists which included folic acid, iron and had a sensible, reasonably healthy diet.

This is my testimony of my third pregnancy in comparison to my previous pregnancies. I took FitLine All Day Pack and FitLine Omega-3. All taken in normal amounts recommended for adults, perhaps just a half teaspoon more of FitLine Restorate (for calcium) and FitLine Activize (folic acid).

1) No need for Iron tablets.
My blood test showed that I was low on Hemoglobin and all previous pregnancies I had to take "extra" iron tablets ... that also (medically) contributes to constipation problems. This time, I have not taken any extra iron tablets. I was taking FitLine Restorate+Vit D only. Only towards my 8th month of pregnancy that I switched to FitLine Restorate+Iron.

2) Leg cramps no more
Pregnant women know this - leg cramps especially when one is asleep. I have not had any severe leg cramps. Minor ones yes but they were easily relieved by just moving the ankle a bit!
3) **Water retention**
Until this 3rd trimester, I could say I don't have any water retention and I don't look bloated ... people tell me I don't look pregnant and I still look good (wow! So cool!).

4) **Energy**
I know I am not as tired as I used to be in my previous pregnancies - this is so important when there are 2 more kids to care for and many tasks to do.

5) **Sugar craving**
During my two previous pregnancies, I craved a lot for sweet food especially in between meals. But I don't - this time round – simply because when our bodies have been consistently fed with good, proper and efficiently absorbed nutrition we naturally eliminate craving problems.

6) **Constipation**
I have a history of constipation even while I am not pregnant. But with FitLine, my constipation problems had reduced significantly

7) **Sick while being pregnant**
I think no pregnant women would want to be sick while being pregnant because it would be terrible not being able to relieve the sickness – since there are many medication (especially antibiotics) we have to avoid for the sake of the baby. I have not relied on any medication during this pregnancy compared to my previous pregnancies because by taking FitLine, I had never been better and discovered I recovered very quickly after flu. 

Most importantly, I know I am well-nourished with the best and safest supplement for my baby and me … and I am definitely not compromising!

*P/s Please see my testimony (before pregnancy) about my health conditions and other benefits from FitLine products.*
Sau May’s Testimony (Before Pregnancy)
Problems: Sensitive Nose, menstruation pains, Blood clots & Mood swings, Constipation, Bad Skin
Children: sneezing, eczema

I started using **FitLine All-Day-Pack** since July 2003. What I am about to share may not be what you experience because we are all different in one way or another, that includes our health conditions. But I hope to draw your attention that with proper, better absorbed supplements, how FitLine has improved the quality of my life (Note: Please note that I have been eating a reasonably healthy, good diet because I cannot afford to eat otherwise due to a weak body)!

1) Sensitive Nose
I always had a “weepy” nose (post-nasal drip or some people call it sinus) and as a result my nose:
- was nearly always congested, I used to breathe through my mouth.
- was very sensitive to sudden change of temperatures as well as dust, so I sneezed a lot.
- couldn’t smell much.
Due to this sensitive nose problem I got sore throats almost once every month. Whenever I sneezed more than 3 times, I was sure to get a runny nose. Life was pretty uncomfortable.

2) Menstruation Pains, Blood Clots and Mood Swings
I also had (quite bad) abdominal pain every month when it is time of the menstruation cycle. I had days of low moods prior to the time. Also, the blood discharged often had blood clots.

3) Constipation and bad skin
Constipation was also a part of my lifestyle. Due to this problem, my facial skin always had breakouts. Part of the breakouts, I believe was also because of the hormonal changes that I experience every month.

**What happened after started on FitLine**
Within the first week, I realized I could breathe better. My nasal passage seem to have cleared. I don’t sneeze so easily. As a result, fewer colds and flu and my sore throats were almost non-existent! Yes, my nose could smell things now! I get to enjoy (spicy) food that I
never really could. What’s important is that I am glad that I allowed more time for my immune system to get better and better to the extent I am having a better respiratory passage now.

Needless to say, the low moods, pains and blood clots reduced tremendously after about a month or two. Sometimes if I forget to keep track of the dates, I don’t even realize that the time of the month is already approaching!

Lastly, after a few days after I started on **FitLine ADP**, it was so much easier to go to toilet. Constipation is no longer a part of me and my skin had never been better (despite all the skin care I used to use) … whether it was the cleansing of my internal organs or hormonal balance I don’t know … but that I feel and definitely look clean!

**My encouragement to you:**
1) Try the products – find out for yourself in what areas FitLine will benefit you because what I share may not be what you personally experience. So find out for yourself!
2) Allow time - long enough for you to experience the goodness of FitLine. For some it may be quick. For others it may take longer. I experienced quick results for some areas, but I also waited for some of the benefits to show at a much later time (immune system, skin). And take the products on time, consistently following the amounts recommended. You reap what you sow!
3) Understand and appreciate how the products work for your body – better absorption, better results!

P/s I have also subsequently tried out other FitLine products including:
- **Q10**: While Activize has uplifted my energy level, with Emusol Q10, it has given me even more alertness and energy.
- **Fitness Drink**: This is really a super power energy drink!
- **Gourmet Shake & HerbalSlim**: Hey, my trousers became loose!
- **SuperKid**: Onysha (my 6 year old daughter) sensitive nose condition improved! (she used to sneeze a lot in the morning and had runny nose often).
- **Omega-3+E**: Onysha also had eczema. Her skin often has red marks from her own scratching because it was itchy all the time and it frustrated her. With Omega-3, the scratching had greatly reduced. It’s a relieve for me to see her feeling so much better!

**Thank you FitLine!**
March 2005
Name: Tiong Leh Ming  (Kuching, Sarawak)
Problems: Migraine, Gastric, Fingernails Unable to Grow, Faster Heartbeat, Dizziness, Stomachache

I am currently working in a photo shop. Because of my business nature, I meet a lot of MLM distributors everyday. Back to August 05, when I was pregnant, I met my sponsor. He came to my shop. When I saw his briefcase, I had no doubt that he was trying to sponsor me because he was the third person from a MLM Company who tried to sponsor me on that day.

I was reluctant to listen to him. But, because of his patience and persistence, my curiosity got the better of me. After his explanation, I realized that FitLine product is made from natural vegetables and fruit, the taste is good and absorption is also very fast. Most important of all, the products are very suitable for adults, kids and pregnant ladies. Finally he let me try "the magic drink" that is FitLine Activize and because of its immediate effect, I bought home one set of FitLine All Day Pack.

Before becoming pregnant, I enjoyed night lifestyle. It caused me to have many health problems. I had migraine, gastric and my right hand’s fingernails could not grow. I always have faster heartbeat. If I sit in air-conditioned room for long period, I will feel dizzy and will have a stomachache. Besides these, I also had numerous minor health problems. Because of being physically unhealthy, I have difficulties when pregnant.

After taking FitLine product for a week, my health improved dramatically. Because of having enough rest and good sleep, my temperament also changed for the better. I discovered that my migraine has subsided.

Now I have used the product for 6 months. My health condition improved a lot. I not only have a healthy baby, I also have enough
breast milk to feed him. My skin becomes brighter and I no longer needed to see doctor. I would like to thank my sponsors for introducing me such a good product. Without their sharing, I don’t think I have the chance of regaining back my health. And I also will keep on introducing these good products to my friends.

Name: Dianna Chah (Kuala Lumpur)
Took Fitline during Pregnancy

Hi my name is Dianna. I didn’t know that I was already 4½ months pregnant when my 2 year-old daughter had an x-ray on her swollen hand. I was so terrified that I had exposed myself and my unborn baby to the harmful x-ray which could cause deformities.

During that time, I was introduced to the FitLine products. I started on the FitLine All Day Pack. I thank God that I delivered a healthy baby girl (in October 2005), Christine - weight 2.6kg. I notice that Christine is different from other babies. She was very active, was already moving her hands, legs and head on the very first day. She also gained weight fast. Her motor-skills is advance for her age. She’s now almost 5 months old and weighs 6.1kg. Thanks to Fitline I’m able to give her 100% breast-milk.

FitLine has also improved my skin complexion. I have no problems going to toilet everyday and I feel great and active after drinking the Power Cocktail every morning. So, if you are pregnant, do take FitLine! It really helps not only to have a healthy baby, but smarter baby too!
Name: Vivian See (Johor)  
Problems: Dizziness, Backache, Fatigue, Insufficient Breastmilk  

I have three children. I got to know about FitLine in 2003. I am a strong advocate of breast-feeding. As I was a rather weak person, I frequently experienced dizziness, backache, fatigue and insufficient breastmilk supply while I was breast-feeding.

Fortunately at that time I was introduced to FITLINE. I started to take *FitLine All Day Pack* and *FitLine Gourmet Shake*. At first, I experienced diarrhea, more fatigue and etc. But when I understood that this is actually healing crisis (which is actually a positive response indicating that my body is in the detoxification and self-healing process), I continued to consume it.

I discovered distinct improvement after a week. I feel more energetic and sleep better at night. What makes me even happier is that my breastmilk supply increased. I was able to breast-feed my baby up to 2½ years.

I also use *FitLine Gourmet Shake* as a meal replacement. I was pleasantly surprised to lose 3KG in one month. My complexion has also become more radiant. I am extremely happy with the FitLine products.

Every morning, my children take *FitLine SuperKid* and *FitLine Gourmet Shake* as their breakfast. I discovered that, regardless of their good or poor appetite, they became more energetic and healthy. Therefore I appeal to all great mothers – the FitLine products absolutely is your correct choice.
Name: Gina Yong (Kuala Lumpur)
Problems: Fatigue, Irritable, Migraine, Constipation, Pimples, Tonsils’ Infection
Children: Constant Coughing, Eczema

I am a mother of 4 kids. Before FitLine, although I have been taking supplements since 1998, I was constantly tired, irritable and suffered from severe migraine headaches. I was also severely constipated to the point that I move my bowels only once every 5 - 7 days.

I started taking FitLine All Day Pack in July 2003. I started feeling the difference from Day One. After finishing one whole set, I was very confident that the changes I noticed were real and not a figment of my imagination.

1. I took painkillers almost everyday for my migraine, but soon after FitLine, I realized that the frequency and intensity of the migraine attacks decrease. In fact, I seldom suffer an attack nowadays.

2. I started moving my bowels regularly. Unlike some 'herbal help' I have taken before, I do not experience those unpleasant cramping feelings. It just felt natural and smooth.

3. My resistance to infections and colds improved. I used to get tonsils’ infection 3 – 4 times a year, but the last infection was more than a year ago!

4. My energy level increased tremendously. I no longer feel so tired, lethargic and irritable.
5. My skin improved beautifully, especially when I started using the *Laurent Cristanel* range of skincare in addition to FitLine. My nails and hair too look better and healthier.

My eldest son, Damian just turned 5 when he started **coughing**. His coughing continued for almost 1½ years. He coughed EVERYDAY, morning, noon and night. He has seen many doctors and have tried many treatments including going on inhalers, nebulizers, and even alternative traditional treatments. He also went on a course of 'Singulair' (medication for allergies and respiratory problems) for 6 months which cost us RM180.00 a month. None helped!

Then we decided to give him **FitLine SuperKid** in January 2004. The result was remarkable for he actually STOPPED coughing after only 1 week! All my kids have been on **FitLine SuperKid** ever since. Usually when my kids get sick, they take about 7 days to recover, and when one gets ill, the others will follow suit. That happens every month! Now, although they still get the occasional cough and colds, they recover in as fast as 2 days!

My daughter Josephine has **chronic eczema**. Her suffering was very much lessened after being on **FitLine SuperKid** and **FitLine Omega 3+E**.

Yes, I rather spent my money on nutritional supplements than on medication!

**Name: Dr. Annie Lim**  
**Problems:** gastric, hair loss, major flu, tiredness, cyst  
**Children:** nose bleed, lack concentration

I am **Annie, from Malaysia**, mother of 2 lovely boys. My husband and I have been on Fitline products since July 2003. We are taking the **All-Day-Pack (ADP)** and **Q10**. Of course, some times we supplement ourselves with Fitness Drink, Herbalism and Gourmet Shake
Before taking Fitline products, I was rather weak. I have **gastric** problems, **hair loss**, **sinus**, **major flus** at least 3 times every year and **constantly feel tired**. I have also taken other supplements before Fitline but I have never experienced what I experience with Fitline products.

After taking the ADP for just 2 weeks, I noticed that I have stopped losing hair (in a huge amount), and even though I don’t eat at regular times, I don’t get gastric problems (til now). This year, when the haze came back to Malaysia, normally I will be having runny nose and watery eyes, but it didn’t happen.

One of my major testimonies is that a cyst (with a diameter of 1 inch) in my lower abdomen disappeared completely after taking Fitline for 3 months, I had the cyst for more than 10 years!

I feel more energy every day, able to run after my 2 boys and still work on my PhD. I know truly that Fitline with the complete nutrition pack (ADP) has given my body what it needs daily and has improved my health significantly.

I will always take Fitline products because it works and well, I want to make sure my CELLS are getting the nutrients they need forever... (with today's lifestyle, it's difficult to get enough nutritious food daily – don’t you agree?)

Josiah, my eldest boy, age 10, has been on **SuperKid** since September 2003. It has helped him to concentrate better in school, he has better appetite and most importantly, his **nose bleed problem** has stopped. Before taking Fitline SuperKid, he will have nose bleed on average 2-3 times a month, but since on SuperKid (more than 1 year now), he has only ONE incident. For my younger boy, Jordan, age 6, SuperKid has kept him from seeing the doctor thus far...

So, I will encourage that you try the products and see how it works for you and your family!
WHY FITLINE?
Effectiveness scientifically proven!

**NTC® (Nutrient-Transport-Concept)**
**EFFECTIVE ABSORPTION – QUICK RESULTS:**
5 – 10 times faster and better absorption of nutrients at cellular level with patented technology

**NGP® (Nutrient-Group-Product)**
**BETTER QUALITY RESULTS:**
Developed by PM-International through the synergistic combination of nutrients for quality results. Research shows that when nutrients are not in the right combination, the effect is compromised.

**GMP (Good Manufacturing Practices)**
**HIGHEST QUALITY & SAFETY:**
Strictest international controls on quality and purity of International GMP, control by the Swiss Vitamin Institute, Lausanne and under constant control by the accredited laboratory for doping analytics of the Cologne Sports University (An International Olympic Committee accredited doping test laboratory). Only 5% of dietary supplements worldwide are produced according to International GMP.

PM International has its own Research and Development team headed by Dr. Gerhard Schmitt since 1993. The scientific nutritional board has been responsible for developing the unique products technologies and concepts. PM International has been awarded Top 100 most innovative companies in Germany for the past 7 years (2002-2008) and Oscar of German Midsized companies.
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