

Which Help You To Protect,
Maintain And Improve Our
Health And Vitality.



 RETURNLEGACY
Special Life | Special Legacy

DIETARY PATTERNS ON HEALTH

Impact of Dietary Patterns on Health

Dietary recommendations are a key element in the management of cardiovascular disease. Evidence is mounting that certain dietary patterns can influence cardiovascular health by modifying risk factors such as obesity, dyslipidemia, and hypertension, as well as factors involved in systemic inflammation, insulin sensitivity, oxidative stress, endothelial function, thrombosis, and cardiac rhythm.



MEDITERRANEAN DIET



The Mediterranean Diet and Good Health

The Mediterranean diet traditionally includes fruits, vegetables and grains. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases.

Recognized as an intangible cultural heritage by UNESCO, the Mediterranean Diet is the basis of WHO's recommendation: consuming daily at least 400g of fruit & vegetables as part of the Global Strategy on Diet, Physical Activity and Health. This guideline is nowadays widely supported by national public health programs in modern countries.

Mediterranean diet is an eating plan that can help promote health and prevent disease. And the Mediterranean diet is one your whole family can follow for good health.

What is MediGold?



MediGold is the unique formulation of Oxxylene, Olive Extract (Oleactiv), Vinovia Red Grape Extract, L-Glutathione, L-Arabinose, Chromium Yeast, Isomalto-Oligosaccharide (IMO) and Vitamin C which help you to protect, maintain and improve our health and vitality. MediGold also with an ORAC value of 10,000 which comprises approximately 800g fruits and vegetables per serving.



WHO SHOULD TAKE MEDIGOLD?



- ✓ Age 25 and above.
- ✓ Coffee drinker.
- ✓ Under pressure.
- ✓ Always stay up late.
- ✓ Alcoholic beverage drinker.
- ✓ Frequent traveler.
- ✓ Smoker.
- ✓ Working on shift.
- ✓ Long hours in air-conditioned environment.
- ✓ Constantly exposes to UV rays.

INGREDIENT OF MEDIGOLD



Oxynea

Oxynea brings the benefits of this concept, providing a unique combination of bioactive antioxidant polyphenols contained in a wider variety of fruit & vegetables. These polyphenols act synergistically by supporting cardiovascular health, improving multiple metabolic mechanisms, and decreasing overall mortality risk factors.

Oxynea extracted from an exclusive combination of 11 superfruit & 11 vegetables.

11 fruit : Grape (White&Red), Orange, Grapefruit, Bilberry, Papaya, Pineapple, Strawberry, Apple, Apricot, Cherry, Blackcurrant.

11 vegetables : Tomato, Carrot, Green Tea, Olive, Broccoli, Green Cabbage, Onion, Garlic, Wheat Germ, Cucumber, Asparagus.

INGREDIENT OF MEDIGOLD



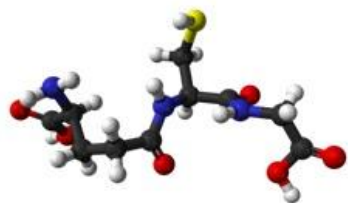
Olive Extract (Oleactiv)

Olive Extract combines the proven benefits of selected olive polyphenols with the protecting effect of Mediterranean fruit & vegetable extracts and concentrates. The unique formulation of olive extract helps you to maintain a healthy blood lipid profile by enhancing the protective action of olive polyphenols on cardiovascular parameters.



Vinovia red grape extract

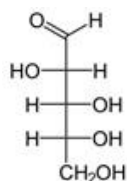
Research continues on the vast health benefits of resveratrol, found in red grapes. Studies at the University of Switzerland proved resveratrol's brain-protecting ability. They found that resveratrol mopped up brain-damaging plaques and free radicals, which have been linked to Alzheimer's disease.



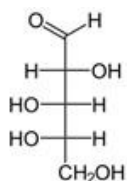
L-glutathione

L-glutathione made by a proprietary process of fermenting Torula yeast. L-glutathione acts as an antioxidant and liver detoxifier that protects cells from free radicals and oxidative stress and boosts the immune system. Levels of L-glutathione in the cells of the human body begin to decline after the age of twenty.

INGREDIENT OF MEDIGOLD



D-Arabinose



L-Arabinose

L-arabinose

L-arabinose is abundantly found in complex plant-based polysaccharides which are very common in weight loss properties by the Centre for Food Safety and Applied Nutrition (CFSAN). It is also significantly reducing blood sugar by the Japanese Ministry of Health, Labour and Welfare.



Chromium yeast

Chromium yeast is an inactivated dried whole cell yeast (*Saccharomyces cerevisiae*) product containing elevated levels of chromium. Chromium, as the central part of Glucose Tolerance Factor (GTF), enhances the effect of insulin in the body. This factor improves glucose tolerance and insulin efficacy. Our yeast contains high levels of organic chromium that is available for GTF.



Isomalto-oligosaccharide (IMO)

IMO is derived from corn starch. It is one of functional oligosaccharides which can improve intestine environment and body health. It also can improve elderly males constipation, non-side effect.

INGREDIENT OF MEDIGOLD



Vitamin C

Vitamin C is an antioxidant that slows the rate of free-radical damage — free radicals are unstable molecules that damage collagen and cause skin dryness, fine lines and wrinkles. So, you can help keep your skin healthy and supple by making sure you get enough of this antioxidant vitamin C.

BENEFITS OF MEDIGOLD



- Antioxidant
- Immune booster
- Liver detoxifier
- Weight loss
- Help in cardiovascular health
- Maintain a healthy blood lipid profile
- Good for blood sugar control
- Regulate bowel movements
- Brain-protecting ability
- For skin healthy and supple



HOW TO APPLY MEDIGOLD?



Our nutritionist recommend to drink 1 or 2 sachets per day (day and night each)

Once achieved the expected result , users may switch to drink once daily to maintain the result.

Direction of use:

Pour 1 sachet into 200ml cup of water.

Serve better by room temperature water.

Consume 1 or 2 sachets per day (day and night each)

FREQUENT ASK QUESTION



(1) When is the best time to consume Medigold?

The best time to take this healthy and ultimate concentrate is in the morning before breakfast or at night before going to bed. In the morning, our body absorption is at its peak. At night, body rebuild process begins.

(2) How soon will I be able to see the results?

Every individual reacts differently to any supplement. Some may see immediate results while others may take longer due to age and health condition. It is advisable that you consume Medigold daily to obtain the best results and feel difference in 3 to 6 months.

(3) Any side effects?

There is no evidence on any side effects as Medigold is derived from natural sources and comes out without additives meaning it is as natural as the foods that we can consume daily.

(4) Can pregnant or lactating women take Medigold?

Pregnant or lactation women are not recommended to take any form of supplement. If insist to do so, one should consult their doctor prior to consuming it.

CERTIFICATION



ACUMEN
ONE STOP ANALYSIS SOLUTIONS

ACUMEN SCIENTIFIC SDN. BHD. (514026-U)
Plot No. 256, Tingkat Perumahan S. Kawasan Perindustrian Peral 2, 13600 Peral, Penang, Malaysia
Tel : +604-398 1609 Fax : +604-399 1609
Email : inquiry@acumen.com.my Website : www.acumen.com.my



CERTIFICATE OF ANALYSIS

RETURN LEGACY GROUP
49-2 & 49-M, Jln Pju 5/20,
The Strand, Kota Damansara,
47810 Petaling Jaya,
Selangor.
Tel : 03-6142 6026
Attn : Mr Lee

Certificate No : CN/FDS0036/0514
Sample Log Code : FDS0033/0514
Sample Received Date : 08-May-2014
Complete Analysis Date : 15-May-2014
Date Issue : 15-May-2014

Fax : 03-3142 4026

Sample Description : Medi Gold
Analysis results :

Parameter	Units	Analysis Result	Standard Method/Technique/Equipment Used
Antimony	mg/kg	ND(<0.5)	In-house method LWI-TEC-F015 based on AOAC 964.16 (1997)
Arsenic	mg/kg	ND(<0.5)	In-house method LWI-TEC-F010 based on Pearson's Chemical Analysis of Foods 9th Edition (1991)
Cadmium	mg/kg	ND(<0.1)	In-house method LWI-TEC-F033 based on AOAC 985.01 (1997)
Lead	mg/kg	ND(<1)	In-house method LWI-TEC-F033 based on AOAC 985.01 (1997)
Mercury	mg/kg	ND(<0.05)	In-house method LWI-TEC-F012 based on Pearson's Chemical Analysis of Foods 9th Edition (1991)
Tin	mg/kg	ND(<10)	In-house method LWI-TEC-F033 based on AOAC 985.01 (1997)

Symbol "ND" denotes parameter which is not included within the scope of accreditation. ND denotes not detected.

Remark : -

Zaida binti Zainol
Chemist
B.Sc.(Hons),
L1345/4312/02

(* Numeric number) denotes detection limits

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ACUMEN
ONE STOP ANALYSIS SOLUTIONS

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Tel : +604-398 1609 Fax : +604-399 1609
Email : inquiry@acumen.com.my Website : www.acumen.com.my



CERTIFICATE OF ANALYSIS

RETURN LEGACY GROUP
49-2 & 49-M, Jln Pju 5/20,
The Strand, Kota Damansara,
47810 Petaling Jaya,
Selangor.
Tel : 03-6142 6026
Attn : Mr Lee

Certificate No : CN/MCB0053/0514
Sample Log Code : MCB0053/0514
Sample Received Date : 08-May-2014
Complete Analysis Date : 15-May-2014
Date Issue : 15-May-2014

Fax : 03-3142 4026

Sample Description : Medi Gold
Analysis results :

Parameter	Units	Analysis Result	Standard Method/Technique/Equipment Used
E. coli Count	MPN/g	ND(<1.8)	In-house Method LWI-TEC-M003 based on FDA's BAM Chapter 4 (2001) (MPN Technique)
Enterobacteriaceae	CFU/g	<10	ISO 21528-2:2004 (Pour Plate Techniques)
Staphylococcus aureus Count	CFU/g	ND(<10)	In-house Method LWI-TEC-M006 based on FDA's BAM Chapter 12 (2001) (Spread Plate Technique)
Total Bacteria Count	CFU/g	5.3x10 ⁴	In-house Method LWI-TEC-M002 based on FDA's BAM Chapter 3 (2001) (Pour Plate Technique)
Yeasts and Molds Count	CFU/g	<1.5x10 ⁴	In-house Method LWI-TEC-M009 based on FDA's BAM Chapter 18 (2001) (Pour Plate Technique)

Symbol "ND" denotes parameter which is not included within the scope of accreditation. ND denotes not detected.

Remark : -


Thuan Ping Fun
Manager
B.Sc (Hons)

(* Numeric number) denotes detection limits

Page 1/1

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CERTIFICATION

 **TOXICOLOGY LABORATORY**
NATIONAL POISON CENTRE

Universiti Sains Malaysia, 11800 Penang, Malaysia
Tel: 04 653 2171/2172/2191 Fax: 04 653 2086 email: prmlab@usm.my

Bil. Kami (Our ref.) PRN2014/17 **Bil. Tuan (Your ref.)** - **Tarikh (Date)** 15th February 2014

SIJIL ANALISIS / CERTIFICATE OF ANALYSIS

Analisis (Analysis) : Corticosteroid screening

Sampel (Sample) : Name: MediGold
Type: Powder
Container: Sachet
Batch/Lot: -
Exp. Date: -
Mfg. Date: -


Pelanggan (Client) : Return Legacy

Keputusan (Result) :

No.	Test Parameter	Test Method	Specification	Result
1	Dexamethasone	GC-MS	Negative	ND
2	Betamethasone	GC-MS	Negative	ND
3	Cortisone	GC-MS	Negative	ND
4	Hydrocortisone	GC-MS	Negative	ND
5	Prednisone	GC-MS	Negative	ND
6	Prednisolone	GC-MS	Negative	ND
7	Methyl prednisolone	GC-MS	Negative	ND
8	Triamcinolone	GC-MS	Negative	ND

Nota (Note) :

- GC-MS: Gas chromatography-Mass Spectrometry
- ND: Not detected
- Limit of detection: 4-8 nanogram (10^9 g)
- Identification was based on mass spectral matching ($> 75\%$) with standard references in quality control samples and libraries (NIST and WILEY). Confirmation procedure is required to quantify and re-confirm the presence of any detectable compound.



Che Nin Man
(IKM No: A/2962/5758/10)

The method refers to USM/NPC/TM04

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PRN2014/17 (Page 2 of 2)

This certificate of analysis shall not be reproduced except in full, without written approval of the laboratory.

 **TOXICOLOGY LABORATORY**
NATIONAL POISON CENTRE

Universiti Sains Malaysia, 11800 Penang, Malaysia
Tel: 04 653 2191/2171/2172 Fax: 04 653 2086 email: prmlab@usm.my

Bil. Kami (Our ref.) PRN2014/16R2 **Bil. Tuan (Your ref.)** - **Tarikh (Date)** 15th February 2014

SIJIL ANALISIS / CERTIFICATE OF ANALYSIS

Analisis (Analysis) : Drug screening

Sampel (Sample) : Name: MediGold
Type: Powder, ~5g per sachet
Container: Sachet
Batch No.: -
Expiry Date: -
Mfg. Date: -


Pelanggan (Client) : Return Legacy

Keputusan (Result) :

No.	Test Parameter	Test Method	Laboratory Specification	Result
1	Drugs (Appendix 1)	GC-MS	Negative	ND

Nota (Note) :

- GC-MS: Gas chromatograph Mass Spectrometry
- ND: Not detected
- The limit of detections was based on compounds in quality control ($> \text{mg/kg}$).
- The identification was based on mass spectral matching with standard references in quality control samples and libraries (NIST and WILEY). Confirmation procedure is required to quantify and re-confirm the presence of any detectable drug.


Che Nin Man
(IKM No: A/2962/5758/10)
Senior Science Officer

TIDAK UNTUK TUJUAN PENGIKLANAN ATAU SEBARANG IMPLIKASI PERUNDANGAN
NOT FOR PURPOSE OF ADVERTISEMENT OR ANY LEGAL IMPLICATION

PRN2014/16R2 (Page 2 of 2)

Memupuk Kesihatan • Creating Health

CERTIFICATION



Health Sciences Authority
11 Biopolis Way #11-03 Helix
Singapore 138667
Tel: 65 6866 3400 Fax: 65 6478 9027
Website: www.hsa.gov.sg



HSA-1403-00654

25 March 2014

DID: (65) 6866 3499
FAX: (65) 6478 9037

RETURN LEGACY GROUP
Attn: Mr Saw Tiong Lim

Dear Mr Lim

ENQUIRY ON: RETURN LEGACY MEDIGOLD

Thank you for your enquiry on the above product.

2 From the information supplied, please be advised that this product presently does not need to be registered and can be imported and sold without a licence from this Authority provided the requirements stated in Annex 1 are complied with.

3 As the above product can affect the health of consumers, the responsibility for the safety and quality of this product and compliance with the Guidelines for Health Supplements rests with the dealer (importer, manufacturer, seller). Moreover, it is imperative that they also possess adequate knowledge on the products dealt by their company.

4 Please note that claims must be adequately substantiated through ingredient-based evidence, and where necessary product-based evidence. The dealers must hold evidence to support these claims, and provide this to the Authority when required to do so.

5 More information on health supplements, including the above guidelines, can be found [here](#).

6 This letter is not to be construed as an endorsement/approval of the product in question nor of any claim made for it and is not to be used in the advertisement/sales promotion of the product.

7 The above advice is given without prejudice to any future legislative and administrative change on the control of the product concerned. It may not be applicable or may be superseded as and when new information on the product RETURN LEGACY MEDIGOLD is subsequently obtained.

Yours sincerely

Kwok Yu Ning (Ms)
Regulatory Specialist
Complementary Health Products Branch
Health Products Regulation Group

Encl. Annex 1

مرکز البحوث لتوثيق الحلال في آسيا
★ IFRC ASIA ★
ISLAMIC FOOD RESEARCH CENTRE ASIA
MALAYSIA • HONG KONG • ASIA REGION
A Division of Bahara Legenda Sdn. Bhd. (250341-001)
WWW.HALALFOODASIA.ORG

"In the name of Allah, the Most Gracious, the Most Merciful"

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

CERTIFICATE OF HALAL PRODUCTS FOR EXPORT

After having verified and conducted plant inspection and processing, this is to confirm that the product(s) meets The Shariah Principles and The Codex General Guidelines for the use of the term "Halal", 1997 under supervision of Islamic Food Research Centre (IFRC) – Malaysia & Asia Region, an organization owned by Bahara Legenda Sdn. Bhd. The product contains Halal ingredients, therefore is lawful for Muslims and Tayyib for mankind. This certificate can only be displayed at the exporting countries and is prohibited to be displayed in Malaysia as it is an offence to do so.

Certificate No.: IFRC/P-EXPORT/1U/15/004
Company Name: RETURN LEGACY SDN. BHD. (1080589-X)
K-3-1, Pusat Perdagangan Kota Damansara, No. 12,
Jalan PJU 5/1, Kota Damansara, 47810 Petaling Jaya,
Selangor Darul Ehsan, Malaysia.

Plant Address: BRANDS CREATIVE SOLUTIONS SDN. BHD. (924295-X)
No. 9, Jalan Batin US/170, Sek U5, Bandar Pinggiran Subang,
40150 Shah Alam, Selangor Darul Ehsan, Malaysia.

Product Name (s):
1. MEDITERRANEAN GOLD
2. REOX W+

Nature of Product (s): Health Supplement

This certificate is valid until January 23, 2016.

This certification is not a fatwa but merely a halal endorsement by Islamic Food Research Centre (IFRC) – Malaysia & Asia Region, World Halal Council.

Hj. Abdullah Fahim Hj. Ab Rahman
Halal Consultant

Rasmawan Lue Darof
Ingredient Analyst

"May Allah (swt) Bless those who do not place the trust of others"
This document is not to be copied and is considered valid only with seal.

A Member of World Halal Council

*No. 5/11, 30 Floor, One Avenue, Damansara Perdana, PJU, 47, Jalan Mayang, 67 Persiaran Bandar Utama, 67000 Petaling Jaya, Selangor, Malaysia.
Tel: +603-7726 3446, +603-7726 3446, +603-7726 3446 Fax: +603-7726 3425 Email: info@halalfoodasia.org
Hong Kong | Shenzhen Office: Unit 2008, 33rd Floor, China World, 222 Hong Kong Street, Causeway Bay, Hong Kong, 999001 | Guangzhou Office: P.O. Box 100, 100000
Tel: +86-755-23407588 Fax: +86-755-33241189

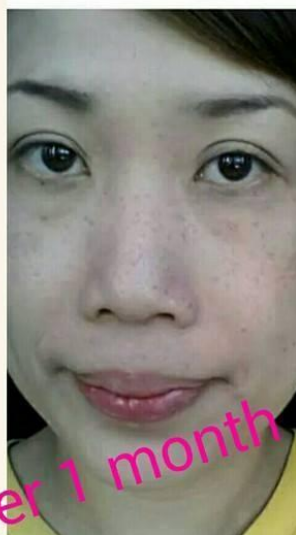
TESTIMONIAL

Redoxy + Medigold

InstaMag



before



after 1 month

Before

After



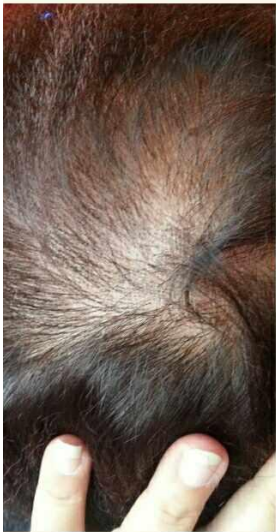
W+ (2 盒) & Medigold (2 盒)
什么Lotion都没涂哦!

Before

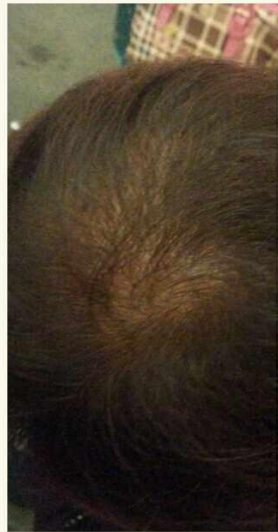
After

TESTIMONIAL

medigold, W+ & H+



Before



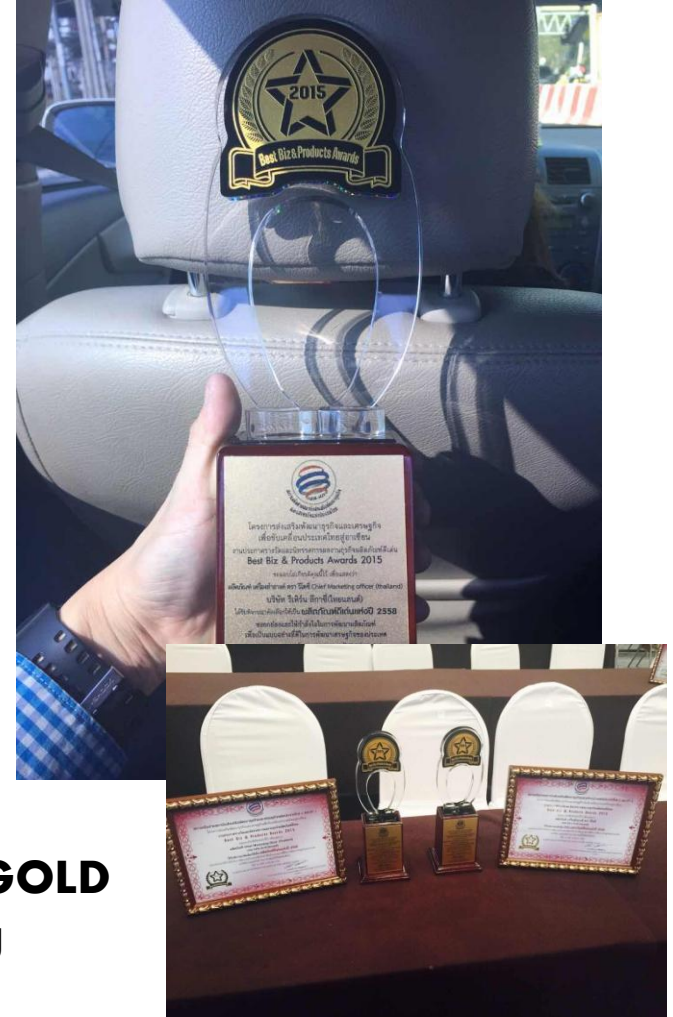
After



TESTIMONIAL



AWARDS



**Products of Return Legacy – REDOXY & MEDIGOLD
had proudly received their recognition during
Best Biz and Products Awards 2015 Thailand.**