

维持和提升健康及
活力的健康食品



 RETURNLEGACY
Special Life | Special Legacy

饮食习惯对健康的影响

正确的饮食指南对管理心血管疾病是非常重要的。研究显示，不良的饮食习惯会导致一些健康问题如：肥胖，血脂异常，高血压，全身性炎症，胰岛素抵抗，氧化应激，内皮功能障碍，血栓形成和心律问题等。而这些健康问题也将导致心血管疾病。



地中海饮食（Mediterranean Diet）~ 健康优势

传统的地中海饮食是以水果、蔬菜和五谷杂粮为主的饮食风格。研究发现地中海饮食可以减少患心脏病的风险。一项以地中海饮食文化，针对超过15万健康成年人所进行的实验证实了，地中海饮食能降低因心脏病和癌症所造成的死亡问题。同时，也降低帕金森氏症（Parkinson's Disease）和阿尔茨海默氏病（Alzheimer's Disease）的风险。

[联合国教科文组织 \(UNESCO\)](#) 也将地中海饮食列为[非物质文化遗产](#)。它的饮食结构是根据世界卫生组织 (WHO) 所建议的，一天服用至少400克蔬菜和水果。而这项指南也被许多先进国家广泛的使用和支持。地中海饮食能促进健康和预防疾病的发生。同时，也是一家大小都适合的健康饮食方式。

什么是 MediGold?



Medigold 是一个结合了 Oxynea, 橄榄萃取物 (Oleactiv), Vinovia 红葡萄提取物, L-谷胱甘肽 (L-Glutathione), L-阿拉伯糖 (L-Arabinose), 酵母铬 (Chromium Yeast), 低聚异麦芽糖 (IMO) 和维生素 C (Vitamin C) 的独特配方。MediGold 能让您保护, 维持和提升健康及活力的健康食品。



谁需要使用 MEDIGOLD?



- ✓ 20 岁以上的男性和女性。
- ✓ 咖啡爱好者。
- ✓ 高压力的的人。
- ✓ 时常熬夜的人。
- ✓ 喜欢饮酒的人。
- ✓ 时常出游的人。
- ✓ 吸烟者。
- ✓ 工作轮班的人。
- ✓ 长时间在冷气底下工作的人。
- ✓ 经常暴露于紫外线的人。

MEDIGOLD 的成份



Oxynea

Oxynea 的健康概念是取自于抗氧化多酚食物如蔬菜和水果。这些食物多酚能改善心血管疾病，改善身体的代谢机制和降低死亡率。

Oxynea 萃取自特选的11种水果和11种蔬菜。

11种水果包括：白和红葡萄、橙、葡萄柚、覆盆子、木瓜、凤梨、草莓、苹果、杏子、樱桃、黑加倫子。

11中蔬菜包括：番茄、胡萝卜、绿茶、橄榄、西兰花、青色包菜、洋葱、大蒜、小麦胚芽、黄瓜、芦笋。

MEDIGOLD 的成份



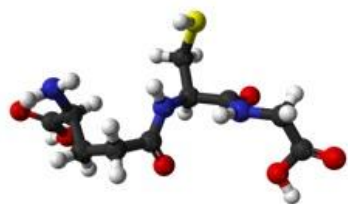
橄榄萃取物 (Oleactiv)

橄榄萃取物采用经过挑选的橄榄多酚。它和其它地中海水果和蔬菜萃取物一样拥有保护身体健康的功效。橄榄萃取物里头的橄榄多酚，能帮助维持血脂健康。



Vinovia红葡萄提取物

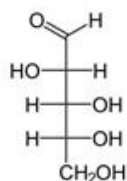
许多关于白藜蘆醇(resveratrol)的研究不断进行着，研究人员也在红葡萄中发现了丰富的白藜蘆醇。瑞士大学的研究证实，白藜蘆醇拥有保护脑部的功能。同时，白藜蘆醇也可以除去脑损伤斑块和抵抗自由基，因此有效改善阿尔茨海默氏病 (Alzheimer's Disease)。



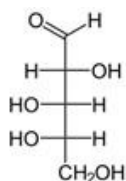
L-谷胱甘肽 (L-Glutathione)

L-谷胱甘肽从自然发酵的圆酵母 (Torula yeast) 中取得。L-谷胱甘肽是一种很好的[抗氧化](#)剂和肝脏排毒成分。它提升身体的抵抗力，也通过清除[自由基](#)和氧化应激来保护细胞。人体从20岁开始，体内的L-谷胱甘肽开始减少。

MEDIGOLD 的成份



D-Arabinose



L-Arabinose

L-阿拉伯糖 (L-Arabinose)

L-阿拉伯糖多发现于植物多糖。它被食品安全与应用营养学中心 (CFSAN) 使用于减肥的部分。日本卫生劳动福利部 (Ministry of Health, Labour and Welfare) 也证实, L-阿拉伯糖有效调节血糖指数。



酵母铬 (Chromium yeast)

酵母铬是利用酵母菌酿酒, 酵母菌的细胞里含有丰富的铬。葡萄糖耐量因子 (Glucose Tolerance Factor) 最初发现于酵母细胞。它能改善胰岛素抵抗和有效控制糖尿病。同时, 也是很好的葡萄糖耐量因子和胰岛素的增强剂。



低聚异麦芽糖 (Isomalto-oligosaccharide)

低聚异麦芽糖取自于玉米淀粉。它有效帮助抑制有害菌生长, 并促进肠道蠕动, 增加了肠道消化功能和抗病能力。除此之外, 它也有效改善老年人的便秘现象, 而无任何副作用。

MEDIGOLD 的成份



维生素C (Vitamin C)

维生素C是一个帮助抵抗自由基的抗氧化剂。自由基是不稳定的分子，它能破坏胶原蛋白而导致皮肤干燥，细纹和皱纹的产生。因此，摄取足够的维生素C将可以让您保持健康和柔嫩的皮肤。

MEDIGOLD 的好处



- 抗氧化
- 提升抵抗力
- 肝脏排毒
- 体重管理
- 维护心血管疾病
- 维持良好的血脂水平
- 维持良好的血糖水平
- 促进肠道蠕动
- 保护脑部
- 提升皮肤的健康和水嫩度



如何正确服用MEDIGOLD?



我们的营养师建议一天服用 1 或 2 包 (早和晚各一包)。

当达到理想效果同您可换成一天服用一包以维持理想的效果。

服用方法：

将 1包Medigold 加入 200ml 的水。

以室温水冲泡。

一可服用 1 或 2 包 (早和晚各一包)

常见的问题



(1) 什么时候服用 Medigold 效果最好？

服用 Medigold 的最佳时间是早餐前或临睡前。清晨是身体开始大量吸收养分的好时机，晚间则是身体细胞开始修复的时段。

(2) 需要喝多久才可见到效果？

每个人的体质和吸收能力都不一样，因此见效的速度也因人而异。因为年龄和健康状态对产品的吸收有很大的影响。因此，建议大家服用 Medigold 3 至 6 个月以见证身体完整的改善。

(3) 产品会产生副作用吗？

Medigold 不会产生任何副作用，因为里头所有的成分取自于天然成分和不含任何添加剂。因此，它是一个适合每天服用的天然产品。

(4) 孕妇和哺乳的妇女适合服用 Medigold 吗？

孕妇和哺乳的妇女不适合服用任何保健品。如有坚持必须服用，请质询医生意见方可服用。

ACUMEN
ONE STOP ANALYSIS SOLUTIONS

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CERTIFICATE OF ANALYSIS

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Tel : 03-6142 6026
Attn : Mr Lee

Fax : 03-3142 4026

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

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 * 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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Selangor.
Tel : 03-6142 6026
Attn : Mr Lee

Fax : 03-3142 4026

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

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 * 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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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) :

- 1) GC-MS: Gas chromatography-Mass Spectrometry
- 2) ND: Not detected
- 3) Limit of detection: 4-8 nanogram (10^9 g)
- 4) 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.

The method refers to USM/NPC/TM04

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PRN2014/17 (Page 2 of 2)

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TOXICOLOGY LABORATORY
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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) :

- a) GC-MS: Gas chromatograph Mass Spectrometry
- b) ND: Not detected
- c) The limit of detections was based on compounds in quality control ($> 1\text{ mg/kg}$).
- d) 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.

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PRN2014/16R2 (Page 2 of 2)

Memupak Kesihatan • Creating Health

RETURNLEGACY
Special Life | Special Legacy

مرکز البحوث لتوثيق الحلال في آسيا





ISLAMIC FOOD RESEARCH CENTRE ASIA
MALAYSIA • HONG KONG • ASIA REGION
A division of Bahiera Lagenda Sdn. Bhd. (270331/96)
WWW.HALALFOODASIA.ORG



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

بسم الله الرحمن الرحيم

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 Bahiera Lagenda 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/15/0004
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:	BRAND8 CREATIVE SOLUTIONS SDN. BHD. (924295-X) No. 9, Jalan Batin U5/170, 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, a member of the World Halal Council.

Abdullah Fahim Hj

Hj. Abdullah Fahim Hj Ab Rahman
Halal Consultant



Rusmaning L

Rusmaning L The Darul
Ingredient Analyst

"May Allah (God) Most Gracious do well upon the trust of others"

This document is not to be copied and is considered valid only with seal.

A Member of  World Halal Council

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见证

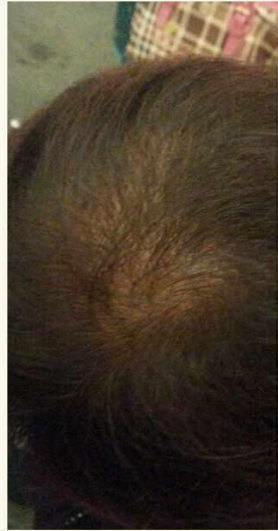


见证

medigold, W+ & H+



Before



After



见证

