



COSMIC HEALTH RESTORE SDN BHD (848966-W)

(Formerly known as COSMIC NATURE HEALTHCARE SDN BHD)

Energize your life !

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Pure Green



The ultimate **GREEN** combination of **Chlorophyll**, **Spirulina** and **mint** which helps the body to maintain its optimal level of alkalinity.

Pure Green provides numerous benefits to the body:
Enhances energy level, Improves immune functions and Detoxifies liver.

What is Chlorophyll ?

Chlorophyll is the green pigment found in most vegetables. The pigment uses photosynthesis to absorb the sun's rays. The vegetable kingdom provides us with a means to harness the sun's energy!

A Chlorophyll molecule is often compared to the haemoglobin molecule in our own blood.

Iron is the central atom in our blood and in chlorophyll it is magnesium. Dr. Richard Willstatter declared in 1913, that chlorophyll is to plants, what blood is to humans.

Benefits of Chlorophyll

There is a saying that says... "green inside, clean inside."

For Blood:

Increases the number of red blood cells, reduces anemia, enriching blood Eliminates toxins, (heavy metals, BPCs) and nourishes muscles Nourishes bone marrow For the Intestine and Mucous Membranes:

- ❖ Acts as a deodorant, controls bacteria that causes body odor, purifies the breath and the mouth
- ❖ Reduces bloating, gas, sore throat and sinus infections
- ❖ Helps speed up healing
- ❖ Relieves pain due to inflammation
- ❖ Excellent to gargle with after any kind of dental work
- ❖ Helps nicotine withdrawal when quitting smoking
- ❖ Protects the intestinal lining from bacteria

For the Liver and the Glands:

- ❖ Detoxes the liver, keeping it healthy and clean
- ❖ Helps hyper and hypoglycemia
- ❖ Helps regulate menses as well as increasing milk production when breast feeding, aswell as increasing the iron content in breast milk.

For Overall Well Being:

- ❖ In a green intestine parasites have a hard time surviving
- ❖ Helps the respiratory system, resistance to allergens as well as reducing asthma attacks
- ❖ Increases resistance to bacteria and pollutants
- ❖ Helps with fatigue, stress, anemia, digestion and intestinal weakness

What is Spirulina?

Spirulina is 100% natural and a highly nutritious micro salt water plant. This spiral shaped algae is a rich food source. For a long time (centuries) this algae has constituted a significant part of the diet of many communities. Since the 1970's, Spirulina has been well known and widely used as a dietary supplement.

Spirulina contains rich vegetable protein (60~ 63 %, 3~4 times higher than fish or beef), multi Vitamins (Vitamin B 12 is 3~4 times higher than animal liver), which is particularly lacking in a vegetarian diet. It contains a wide range of minerals (including Iron, Potassium, Magnesium Sodium, Phosphorus, Calcium etc.), a high volume of Beta- carotene which protects cells (5 time more than carrots, 40 time more than spinach), high volumes of gamma-Linolein acid (which can reduce cholesterol and prevent heart disease).

The Health Benefits of Spirulina

- ❖ Boost the Immune System
- ❖ Improve Digestion
- ❖ Reduce fatigue
- ❖ Build Endurance
- ❖ Nature's Detoxifier
- ❖ Boost Energy Levels
- ❖ Control Appetite
- ❖ Maintain Healthy Cardiovascular function
- ❖ Support the Liver and Kidneys
- ❖ Reduce Inflammation
- ❖ Benefit People Who Suffer from Allergies

Protein in Spirulina

As a protein supplement spirulina has a distinct advantage over other forms of supplement. Because of the important role proteins play in our overall health and well being, they are often referred to as the building blocks of life.

Proteins are complex molecules consisting of chains of amino acids and are best known for their role in the formation and repair of structures such as muscle and bone. However, proteins and their aminos' have numerous other vital functions, such as insulin management, immune system regeneration, mineral transport and anti-hypertensive properties.

Proteins are made up of 22 identified amino acids. Nine of these are essential yet the body cannot produce them, so they must be provided by the diet. Non-essential amino acids are needed also, but the body can produce these itself. Essential amino acids, plus sufficient nitrogen in foods, are needed to synthesize the non-essential amino acids.

The quality of the protein depends on the amounts of amino acids contained in a protein. The more closely the protein matches the body's requirements the higher the quality. Spirulina is known as a 'complete protein' due to the fact that it contains all the essential amino acids. This means we can get our necessary intake of protein without subjecting our digestive system to the hard work of processing animal products.

Digestible Protein Unlike other forms of protein, the protein in Spirulina is 85-95% digestible, one of the highest available. In fact, Spirulina is second only to a dried egg supplement with regards to usable protein, and higher than any of the common foods in the form in which they are usually purchased.

Being composed of soft mucopolysaccharides, Spirulina has no cellulose in its cell walls making it easy for the body to digest and assimilate.

Its amino acids are delivered to the body for almost instant absorption.

Protein digestibility is important for many people and especially important for people suffering from intestinal malabsorption or digestive disorders. Typically, many older people have difficulty digesting complex proteins and are on restricted diets. They find Spirulina's protein an ideal way of ensuring they receive the nourishment needed. Spirulina is an effective supplement for sufferers of malnutrition diseases where the ability of intestinal absorption has been damaged. Given to malnourished children, it is more effective than milk powders because milk's lactic acid can be difficult to absorb.



Health Benefits of Mint

Digestion: Mint is a good appetizer and promotes digestion, due to its typical aroma. It also soothes stomach in cases of indigestion, inflammation etc. This aroma of mint activates the saliva glands in our mouth as well as glands which secrete Digestive enzymes, thereby facilitating digestion. Thus it is extensively used in culinary.

Oral Care: This is a well known property of mint. Being a germicidal and breath freshener, it takes care of oral health by inhibiting harmful bacterial growth inside mouth and by cleaning tongue and teeth.

Cancer: Current researches show that certain enzymes present in mint may help cure cancer.



PURE GREEN
Specially Mixed For Healthy Living