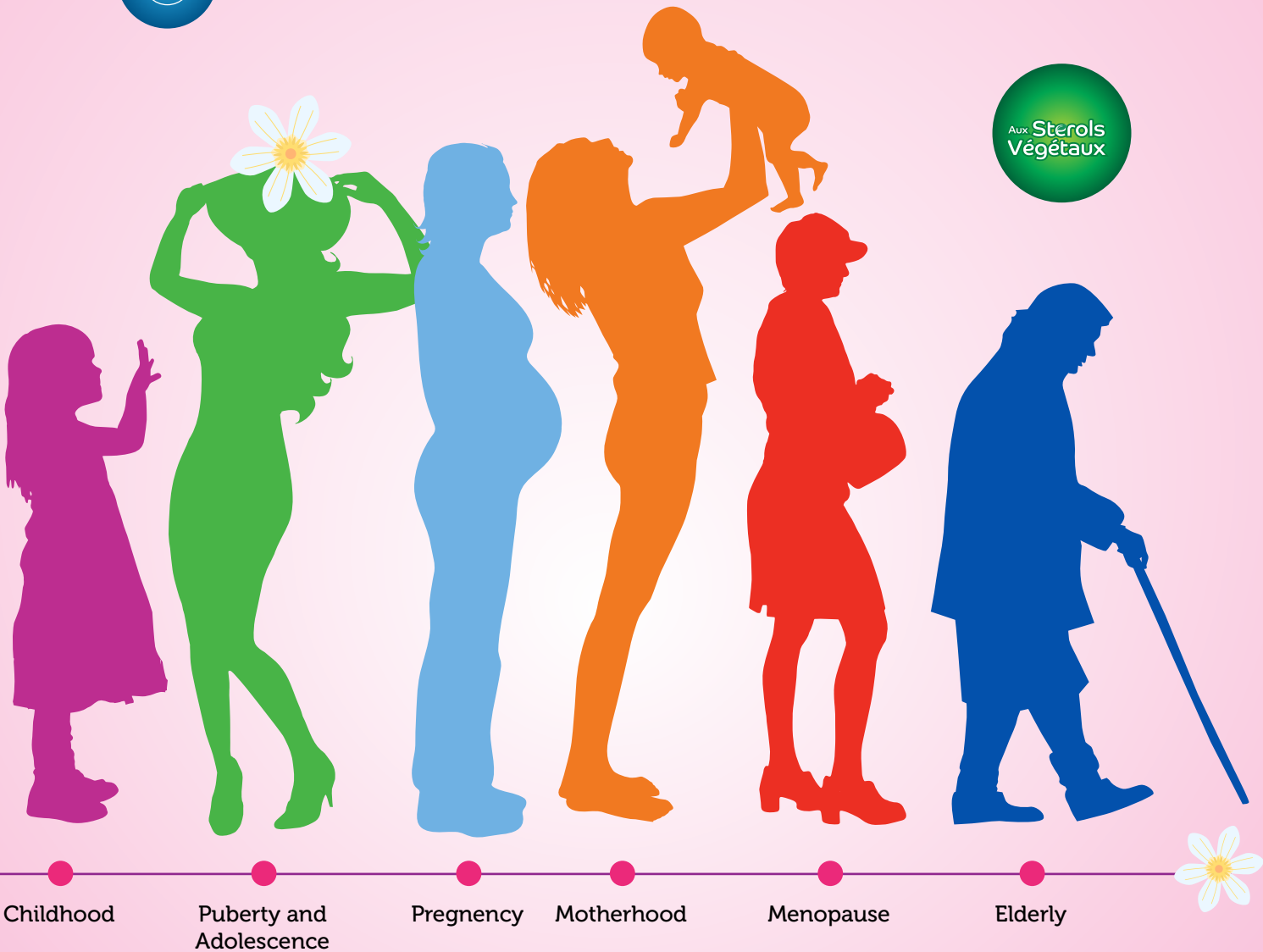
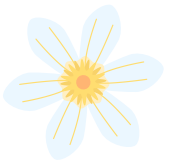




Special Guide to **Women's** *Nutrition & Wellbeing*





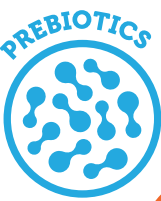
1

Planning a pregnancy

Nutrition starts in a womb and best to start making nutritional changes at least 3 months before conceiving.

KEY NUTRIENTS:

PREBIOTICS



OMEGA 3

Omega-3 for improved egg quality

LOW GI

LOW GI for improved sugar levels and improve chances of implantation and success rate

COLLAGEN

Collagen for stronger bones

* Key nutrients are over and above other essential nutrients that is present in Anchor Life.

The mother

2



OMEGA 3

Improves brain health



LOW GI



PREBIOTICS



LOW GI and Prebiotic - reduces risk of gestational diabetes and high blood pressure in pregnancy



During pregnancy- max 1 serving of anchor life per day

3

Stressful- Work Life- Family balance



PREBIOTICS



LOW GI

Aux Sterols Végétaux

Gut health get worse with time.
Good gut health aka intake of prebiotic reduces bloating, food intolerances.

OMEGA 3

Omega-3 can improve hormonal panel and is anti-inflammatory.

4

Menopause/elderly

Increased risk of high sugar, cholesterol, fatty liver, and belly fat

OMEGA 3

- Boost brain health
- Anti-inflammatory

LOW GI

LOW GI improves insulin resistance aka lower belly fat.

COLLAGEN

Collagen for stronger bones

Aux Sterols Végétaux

Plant Sterol for cholesterol lowering properties.



Anchor Life™



Suitable for vegetarians

COLLAGEN

PREBIOTICS

OMEGA
3

LOW
GI

Aux Sterols
Végétaux



APPROUVÉ PAR



Heart Foundation
(Mauritius)

Dans le cadre d'un régime alimentaire équilibré et d'un mode de vie actif



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