

health&wellness contents

Supported by  Health Promotion Board

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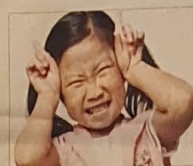
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EXHIBITION MAP

- 22/TODAY's health&wellness exhibition
Check out the seminars, activities and booths at the event.



What's happening at TODAY's health&wellness exhibition?

A host of activities, from health talks to a healthy cooking competition, from a display of health and wellness products to a chance to participate in a family health quiz.

That and more will happen from today till Sunday at the Singapore Expo Hall 6.

What's the buzz about? Well, TODAY has gathered 40 exhibitors to showcase their products. Here's your chance to sample healthy food or buy that product you've been eyeing at a discount.

The free health talks will provide not only information on various topics, but will also allow you to clarify your health queries with the experts.

The young ones won't be left out. On Friday, catch 500 students from over 54 primary schools slug it out in our Eat Right Spell Right competition. Three rounds of elimination will decide the spelling whiz.

It's family time on Saturday as family tag teams of two pit their general knowledge on health and wellness to win a total of \$5,000 worth of prizes in The Health Quiz.

On Sunday, catch celebrity chef Moses Lim as he hosts a healthy cooking competition where three winners will walk away with prizes totalling more than \$5,000.

But you don't even need to take part in any contest to enjoy the goodies. Just be among the first 300 people to visit TODAY's Health & Wellness exhibition each day and you stand to win a mystery prize. In addition, spend just \$30 in a single receipt and you can take part in an hourly lucky draw.

For more details, refer to pages 22 and 23. See you there!

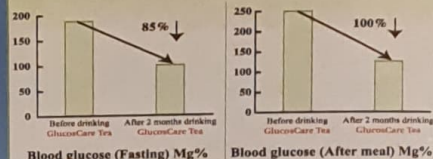
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GlucosCare
GlucosCare Tea

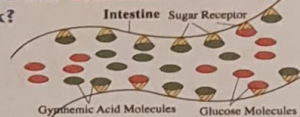


Control Blood Sugar The Natural Way

Clinical Research Indicates



How Does GlucosCare Tea work?



- The active ingredient of GlucosCare Tea—Gymnemic Acid
- Gymnemic Acid Molecules and Glucose Molecules are similar in molecular structure.
- Gymnemic Acid Molecules can substitute Glucose Molecules

Conclusion:
- It reduces the absorption of sugar in the body

GlucosCare Tea is a natural herbal tea that helps to reduce the sugar absorption in body cell, hence reduces the elevation of blood sugar level.

A clinical study showed that GlucosCare Tea is effective in reducing the absorption of sugar and is beneficial in blood sugar and weight control.

A Simple Test On The Effectiveness Of GlucosCare Tea

Drink a cup of GlucosCare Tea, then take some sweet desserts or candies. You will notice the sweetness of the desserts or candies have been greatly reduced. This is because Gymnemic Acid has already filled the taste buds and lowers the sensitivity of the sweetness of the candy. Similarly, GlucosCare Tea works the same way in your intestine, Gymnemic Acid will fill the sugar receptors in the intestine and block the absorption of sugar by the body.



Direction for use:
Use boiling water and steep for few minutes. Each teabag can be use for 2-3 servings. Drink 15-30 minutes before your mealtime will serve the best result.