

therabio



Do you get
enough Calcium?

Sesamin Sesame with Kelp Powder 600



ISO:
22000





What is Sesamin-600?

Sesamin 600 is a formulation derived from all-natural, plant-based calcium (sesame and kelp), Vitamin D3 (algae) and Vitamin K2 (natto).

- ✧ Ideal for consumers looking for a natural and plant-based supplement
- ✧ Enhanced formulation of calcium, Vitamin K2 and Vitamin D3 which provides a powerful triangle link to support not only bone but also heart and vascular health

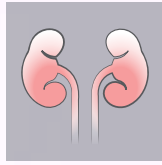


Sesamin600

- ✓ Helps to increase bone mass.
- ✓ Strengthen bones and prevent osteoporosis.
- ✓ Helps to increase children body height.
- ✓ Aids in controlling blood pressure.
- ✓ Protect cardiac muscles.
- ✓ Prevent premenstrual depression.
- ✓ Ensures healthy alkaline pH level.
- ✓ Helps maintain optimal body weight

Suitable for

- * Children & Teenager
- * Pregnant women
- * Nursing Mother
- * Middle aged adult
- * People who have insomnia problem
- * Elderly people
- * Osteoporosis



Why we need Calcium?

Calcium is important for overall health. It is utilized by almost every cell in our body. In addition to ensuring healthy bones, calcium is also needed for maintaining normal heart rhythm, enabling muscles contractions, regulation of hormones and for the transmission of messages throughout our nervous system. Calcium is one of the most important nutrients in ensuring strong and healthy teeth and sustaining bone integrity.

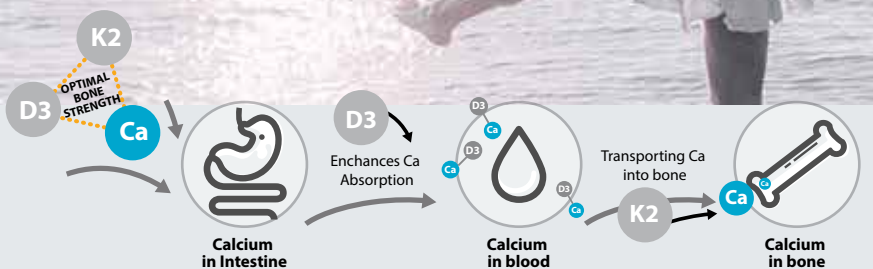
What is the role of Vitamin K2 in our body?

Whenever Vitamin K is mentioned, it is mostly referring to Vitamin K1. Although both Vitamin K1 and K2 are grouped under Vitamin K, they both play very different functions.

Function	Vitamin K1	Vitamin K2
Promotes bone health (prevent osteoporosis)	No	Yes
Promotes heart health	No	Yes
Causes calcification (calcium accumulation) in blood vessel and kidneys	Yes	No
Promotes dental health (healthy teeth)	No	Yes
Causes blood coagulation (blood clots)	Yes	No

In Sesamin 600, the Vitamin K2 is derived from natto (traditional fermented soybeans), and is abundantly rich in beneficial functions to the body as seen in the table above. With the inclusion of Vitamin K2 within our formulation, users no longer have to worry of having calcification problems that are commonly associated with consuming calcium supplements.

Why is Vitamin D always present in calcium supplements?



Vitamin D plays a vital role in promoting effective calcium absorption in our body. Vitamin D enables the production of calcitriol, a hormone that facilitates the absorption of calcium to promote stronger bones, muscles, better heart and nervous system health. Vitamin D3 is specifically chosen in our formulation as it is more effective in aiding calcium absorption compared to Vitamin D2. While Vitamin D3 is mostly sourced from animals, Sesamin 600 utilizes natural and sustainable plant-based Vitamin D3 which is derived from algae. This provides consumers with a healthier choice without compromising on the quality of the nutrients in our formulation.

A common misconception is that people living in countries around the equator would have adequate Vitamin D in their system due to having constant sunlight exposure throughout the whole year. Recent studies have shown that the contrary is true, as Southeast Asian people are also suffering from Vitamin D deficiency whereby supplementation of Vitamin D is necessary.

What happens if we don't get enough calcium?



Every day, we are constantly losing calcium through our skin, nails, hair, sweat, urine and feces. Our bones reach their maximum strength and density between the ages of 25 to 30, whereby our 'bone bank' is no longer able to store anymore calcium.

When people have insufficient calcium in their diet, their body releases the calcium from the bones to ensure normal cell function, which then leads to weaker bones. This leads to a higher risk for osteoporosis.



Calcium deficiency affects Organ/System



Bone

Weaker bones, affect the growth & development of children & adolescents, osteoporosis



Heart

Abnormal heart rate



Blood Pressure

Affects the regulation of blood pressure



Cancer

Higher risk of colorectal cancer



Kidney Stone

Increases the risk of kidney stone



Muscle

Cramps & weakness



Nervous System

Numbness or tingling sensation in fingers



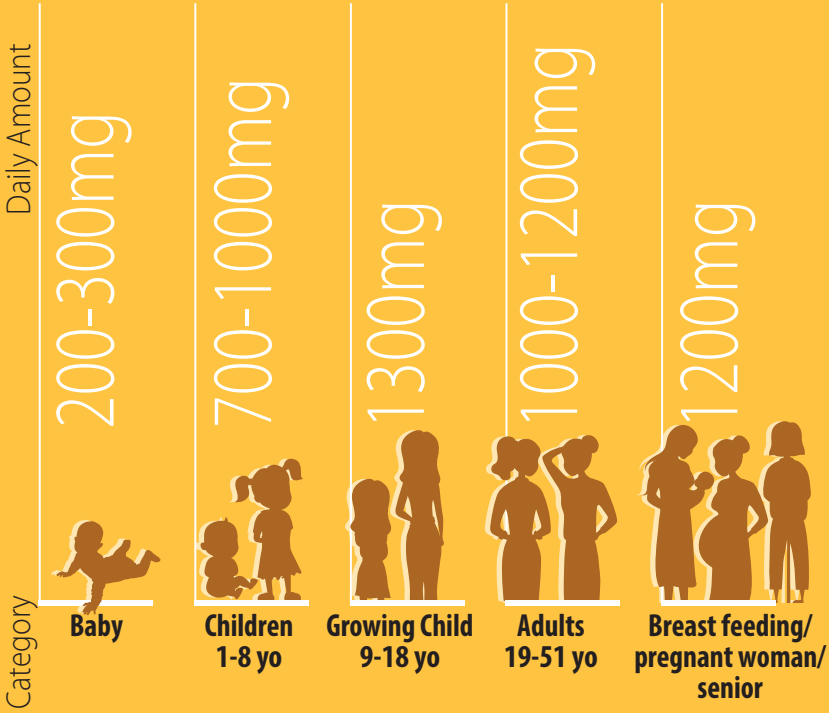
Digestive System

Reduced appetite

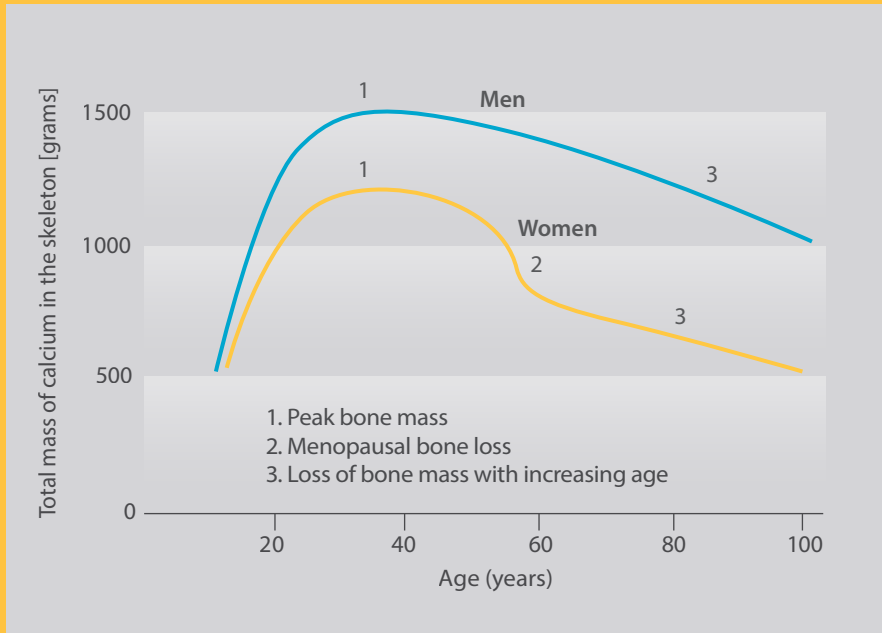
Calcium is an alkali, and is used by our body as a buffer to regulate and maintain blood pH. As our blood acidity increases, the body will start drawing calcium from the bones in an effort to balance the blood's pH levels.

How much calcium do we need?

The calcium needs of an individual varies throughout their lives based on their growth stages.



Calcium level in Woman & Men throughout their lifespan





How can we get enough calcium?

Sesamin-600 is a 100% plant-based calcium supplement that is vegetarian friendly, non-dairy with a high absorption rate which is suitable for all ages. Sesamin-600 utilizes a special mixture of de-oiled sesame powder combined with unpolluted mineral-rich kelp powder, as these kelp can only thrive in an unpolluted environment.

To ensure the optimal absorption and utilization of the natural calcium in Sesamin-600, our formulation also contains Vitamin D3 and natural magnesium extracted from algae and Vitamin K2 derived from natto. Magnesium is another essential mineral needed for calcium absorption and bone formation, where it also suppresses excessive bone turnover in postmenopausal women.

How to consume:

- Mix 1 or 2 sachets of Sesamin-600 into beverage, dish or soup, stir well and enjoy the serving.

No added flavor, sweetener, coloring or maltodextrin.

** Each sachet of Sesamin-600 contains not less than 600mg of natural calcium*

Note:

- Drink sufficient water for better absorption
- Due to the natural properties of the ingredients, its colour, flavour and sweetness may vary slightly for every batch
- No added sugar in this product.

INGREDIENTS

De-oil sesame powder, Kelp powder, Inulin, Vitamin D3, K2.

Nutrition Fact/Fakta Pemakanan		
Per Serving / Setiap hidangan: 2.5gm		
Servings per Box / Pinggian setiap Kotak: 30		
	Per Serving/ Setiap hidangan	Per 100g/ Setiap 100g
Energy (kcal) / Tenaga (kcal)	3.5	140
Carbohydrate (g) / Karbohidrat (g)	0.9	34.8
Protein (g) / Protein (g)	0	0.3
Sugar (g) / Gula (g)	0	1.4
Fat (g) / Lemak (g)	0	0
Calcium (mg) / kalsium (g)	600	24,000
Magnesium (mg) / Magnesium (mg)	50	2,000

Net Weight: 75g (30 Sachets x 2.5gm)



Another Premium Product from



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Website: <http://www.plantbioresearch.com>

Email: info@plantbioresearch.com

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