

1st
WORLD
CONGRESS ON HEALTHY AGEING

19 – 22 March, 2012

www.healthyageingcongress.org

Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



World Health
Organization



The Role of Nutraceuticals in Reversing Diabetes

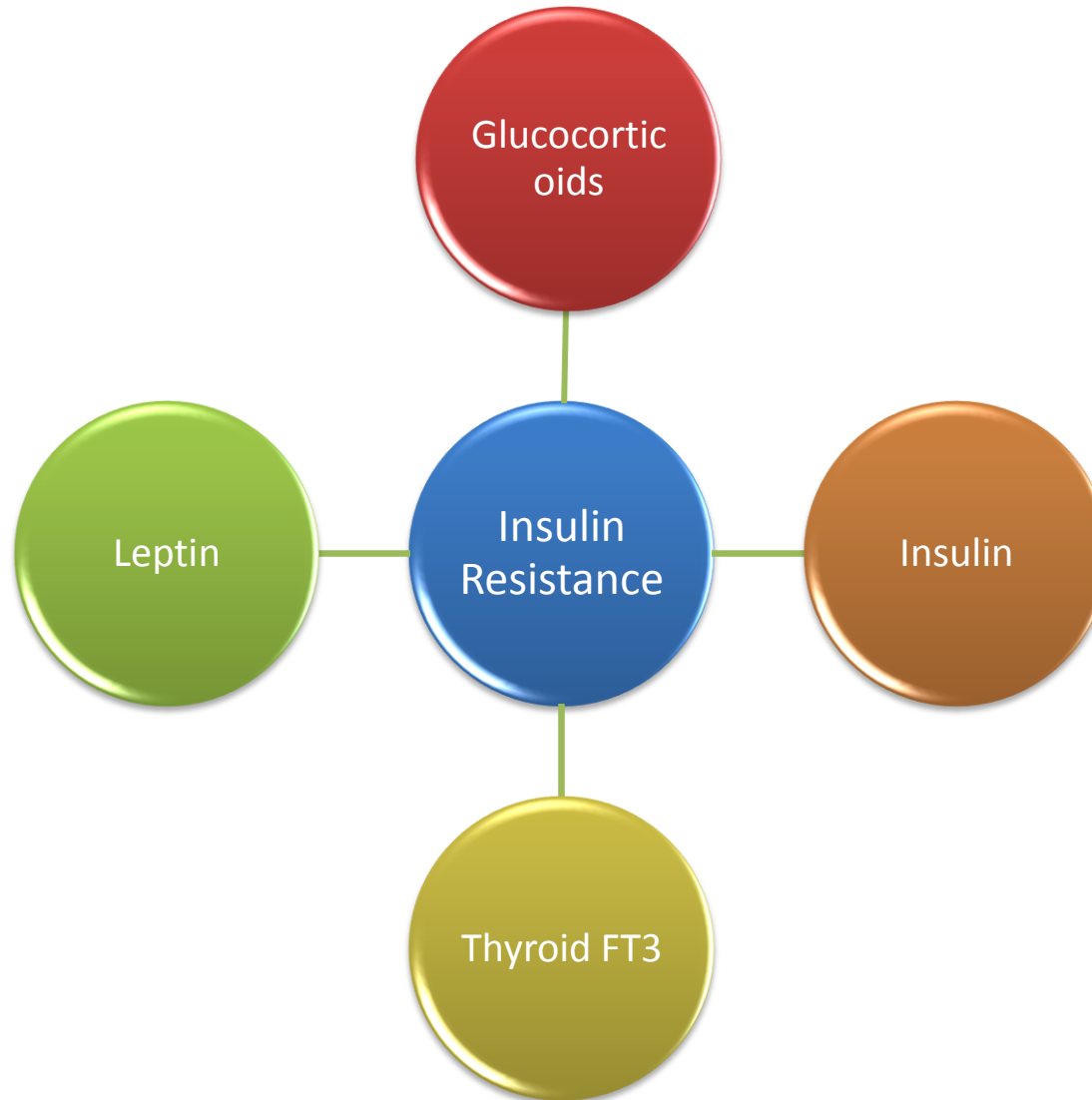
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20 March 2012 ■ **FIRST WORLD CONGRESS ON HEALTHY AGEING**
■ **Kualal Lumpur**

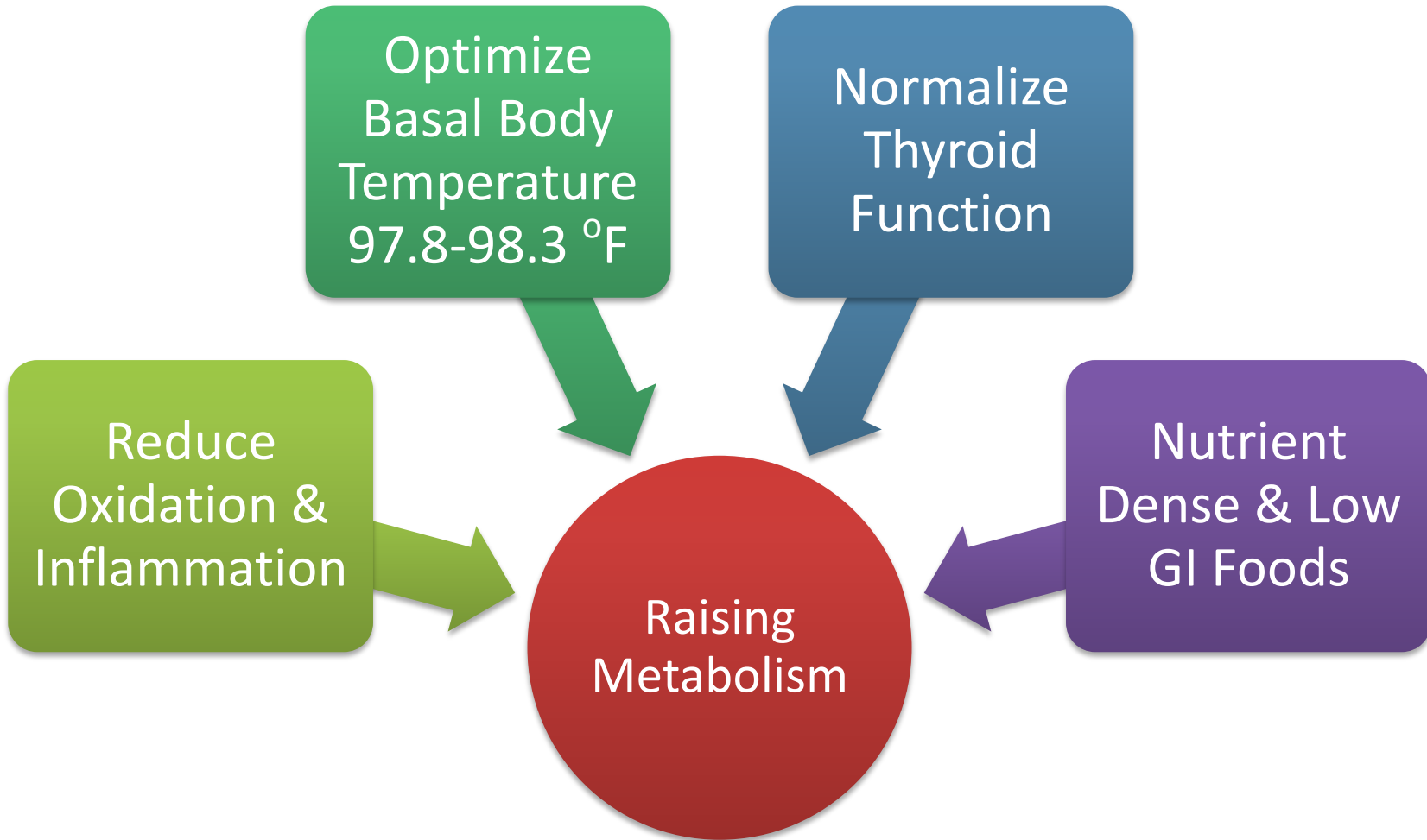


Hormonal Issue





Raising Metabolism





Nutraceuticals



Thyroid
Support

VCO

KI

Soya protein isolate

Sea Algae



Adrenal
Support

L-Glutamine

Vit C

Adaptogen: Ginsenoside



Leptin

VCO

Butter

Protein



Beta cells
& cellular
support

Magnesium citrate

Zinc citrate

Chromium
polynicotinate



Nutraceuticals



Avoids **Fructose**

**Processed
Polyunsaturated Oils**

**Depleted Processed
Foods**



Nutraceuticals



Anti-oxidants

Full Spectrum Vit A, E, C

Alpha Lipoic Acid

Green tea: epigallocatechin-3-gallate (EGCG)



Cell Membranes Nutrients



Cell
Membranes
nutrients

Linoleic Acid (LA)

Alpha-Linolenic Acid (ALA)

Eicosapentanoic Acid (EPA; 20:5)

Docosahexanoic Acid (DHA; 22:6)

Phosphatidylcholine (PC)

Phosphatidylserine (PS)



Anti-inflammatory Nutrients

EPA

DHA

Quercetin

Anthocyanins

VCO

Methylsulphonylmethane (MSM)

Gamma-linolenic acid



Mitochondrial Nutrients



Mitochondrial
Nutrients

Acetyl-L-Carnitine

Coenzyme-Q10

Alpha-Lipoic acid

Linoleic acid

Biotin

Nicotinamide

Riboflavin

Pyridoxine



Mitochondrial Toxin



Mitochondrial
Toxins

Arsenite

Cynide

Fluoride

Oligomycin

Carbon monoxide

Sodium benzoate



Sodium-Potassium Pump



Sodium-
Potassium
Pump

Magnesium

Potassium

SCFA enhances the absorption
of Mg, K and Na in colon



Liver &
cellular
support

Silymarin

Charantin

Cinnamon

Gymnema sylvestre

Avena sativa & Tribulus (for men)



THANK YOU

Providing wellness solution for healthy body...