

100  
DAYS

# Pregnancy & Babycare Guide

vol 15

A comprehensive guide for parents on pregnancy,  
childbirth and your baby's early years.



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today's  
parents

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# POSTNATAL SHAPE-UP

Shed those "baby fat" in a healthy manner and enjoy your new found curves.

## "ME" TIME

During confinement, allocate two hours daily for yourself to devote some TLC. Take a swim, a 30mins brisk walk and a long bath. Plan a delicious healthy lunch date with your husband / other mothers / a close friend.



Jennifer Yew, 38  
Successfully lost 12 kg over 6 months with Ulti Trim.

## EAT SMART

Some post-partum women may continue to have a large appetite as they are used to eating for two persons when they were pregnant.

Reset your "appetite thermostat" and eat small portions so you won't feel hungry. Drink water or low fat milk and not just or sugar-laded drinks.

Enjoy food you like in moderation.

## CONTROLLED CALORIC INTAKE ESPECIALLY FOR DINNER

A scientific study in 2003, led by Mr Steven Heymsfield, MD from Columbia University, one of global pharmaceutical industry's leading weight-loss researchers: overall weight loss for people on meal replacements was greater than the people in the comparison group on low-calorie diets.

Meal replacements, especially those that have no slimming drugs, provide a controlled caloric option for dinner. Meal replacements shakes are portioned caloric meal and ensure effective caloric reduction daily adding up to a lot for weight reduction over months. \*



## READY TO ROLL

Infused with quality and naturally sourced ingredients, Ulti Trim™ is presented in four delicious wholesome flavors, in conveniently travel sized sachets. Each sachet at less than 150 calories. Each sachet of Ulti Trim provides for more than 20% of the Recommended Daily Intake (RDI) for vitamins and minerals under Korea Ministry of Food and Drug Safety's (MFDS) regulation. MFDS is formerly known as the Korea Food & Drug Administration (KFDA)

- Valrhona Chocolate extract, filled with yummy chocolate bits and US milk protein. (Taste like a full flavored chocolate milk shake)
  - Strawberry Flavor formulated with Korean Strawberry extract, naturally sourced Korean rice and soy based, packed with antioxidants like cherry, pomegranate, quinoa (Suitable for lactose intolerant and vegetarians)
  - Matcha Flavor formulated with Japanese Green Tea extract, naturally sourced Korean rice and soy based. (Suitable for lactose intolerant and vegetarians) (Halal certified)
  - Grains Flavor formulated with grains, chia seeds, spirulina extract, naturally sourced Korean rice and US milk protein. (Halal certified)
- Offering a well mix of antioxidants, nutrients and minerals, Ulti Trim™ guarantees a low calorie, delicious and holistic meal experience.

Blend your favorite Ulti Trim™ nutritional diet shake with fresh fruits (half a green apple/half a banana/half an orange) or vegetables to spruce up your meal experience.

Ulti Trim™ is 100% made in Korea under GMP standards.

## DETERMINATION - OVERALL WELLNESS

Healthy weight loss takes time and is achieved gradually. Be determined and eat a well-balanced diet with a variety of food and healthy snacks, such as carrot slices and baked nuts. Always incorporate physical activities daily as part of a long-term sustainable diet plan. Drink plenty of water to keep hydrated, speed up metabolism, flush out toxins and reduce water retention.

Ulti Trim™ is formulated and recommended as a meal replacement to substitute one solid food meal per day during post partum / confinement to supplement a gradual, healthy weight-loss program. Severely overweight individuals, it is recommended to consume Ulti Trim™ as a meal replacement shake, twice a day.\*

Contact us at +65-6296-8777, or email us at [enquiries@neweastern.com.sg](mailto:enquiries@neweastern.com.sg) for a complimentary sachet of Ulti Trim™ delivered to you.

\*Meal replacements should not be relied on as a sole source of nutrition during nursing or confinement period as you may lose out the vital nutrients from whole foods. Instead, a regular meal before embarking on any weight loss program always consult a medical practitioner.