

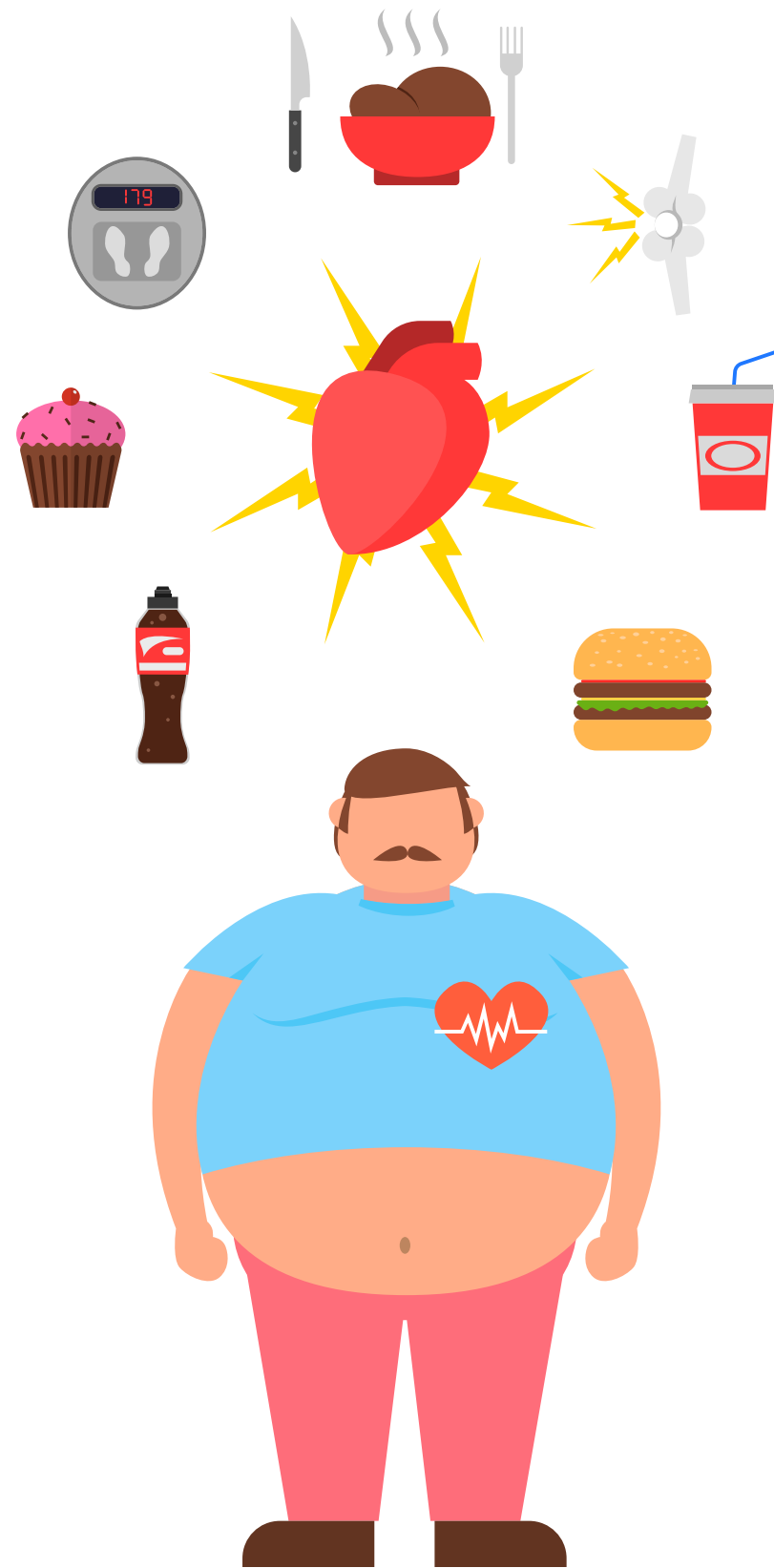


MIRIKEL™

MIRIKEL™  
**Balance Five**  

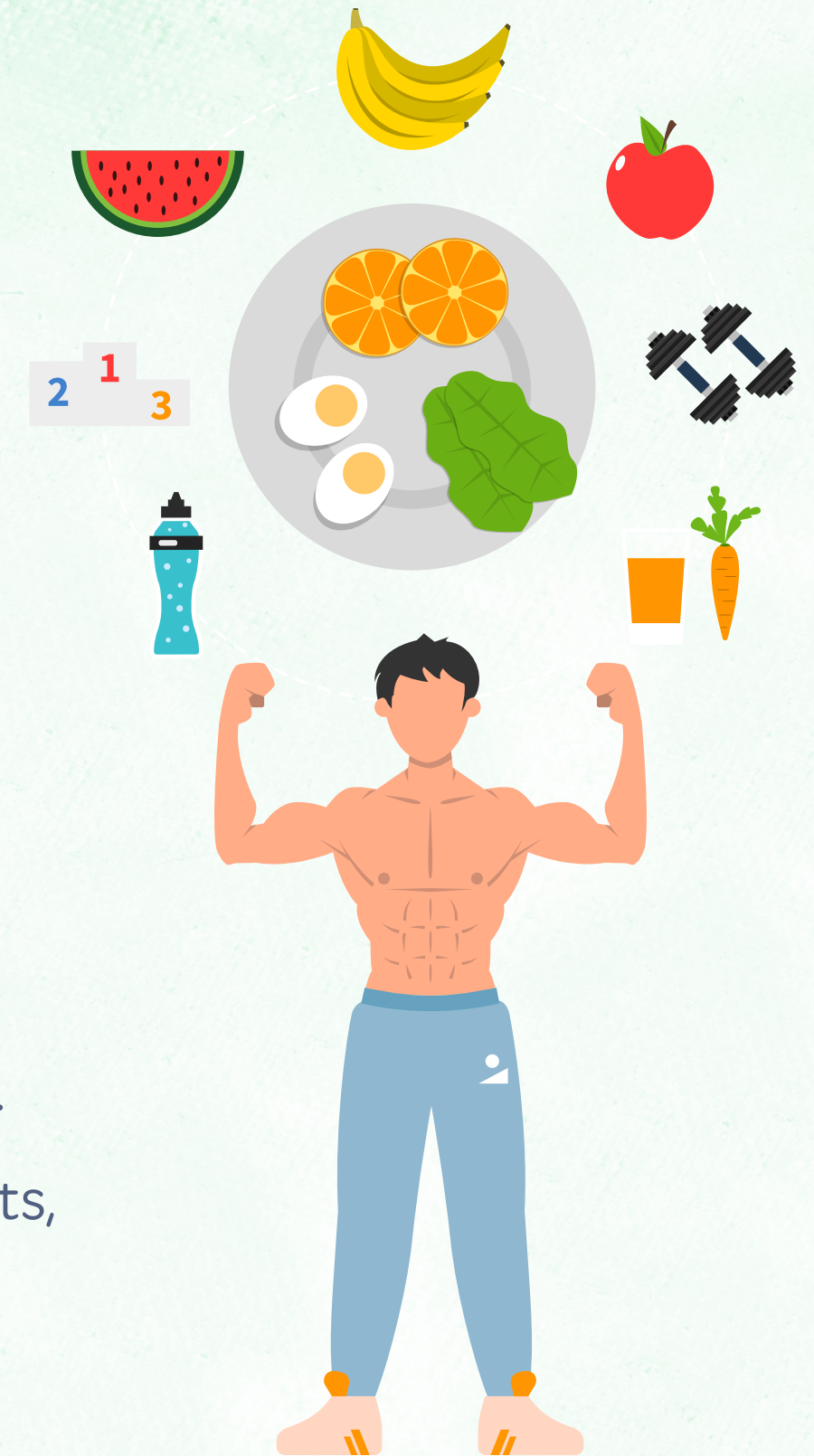
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**Meal Replacement**



# YOU ARE WHAT YOU EAT

Eating isn't just about satisfying hunger or appetite.  
It's about providing your body with essential nutrients,  
helping you feel better and live a healthy life.



An unhealthy diet can increase the risk of developing various health issues:

**Obesity, fatigue, concentration problems,  
cardiovascular diseases, diabetes, hypertension, cancer, etc.**



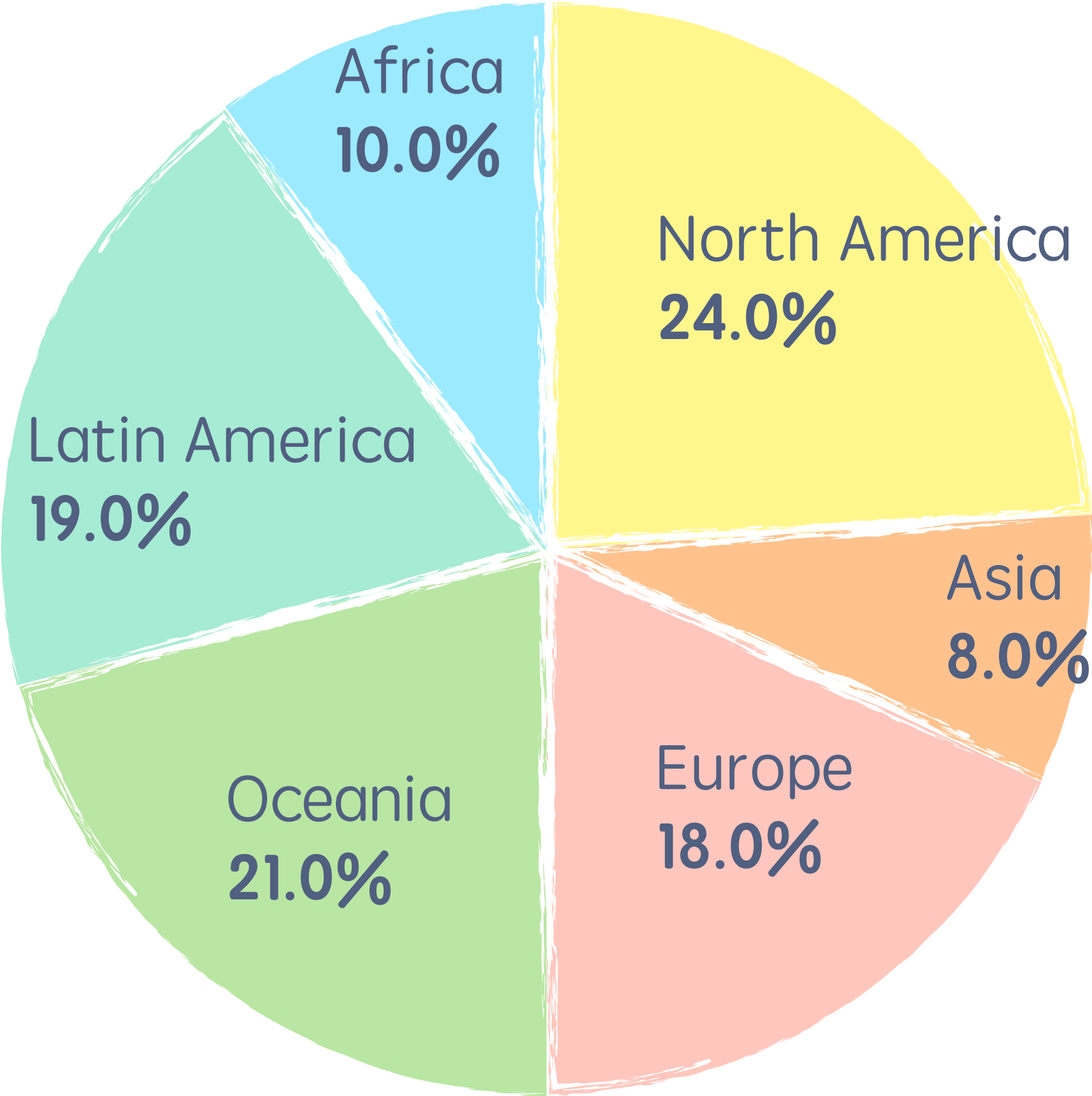
# 「 Overweight & Obesity

are one of the major health issues  
concerning millions of people  
around the world. 」



OVERWEIGHT  
POPULATION

TOTAL  
POPULATION



Is your weight healthy? Check it out:

$$\text{BMI (Body Max Index)} = \text{Weight} / \text{Height}^2$$

(weight: kg, height: m)

# How's your result?



BMI (kg/m<sup>2</sup>)

Underweight **B M I < 1 8 . 5**

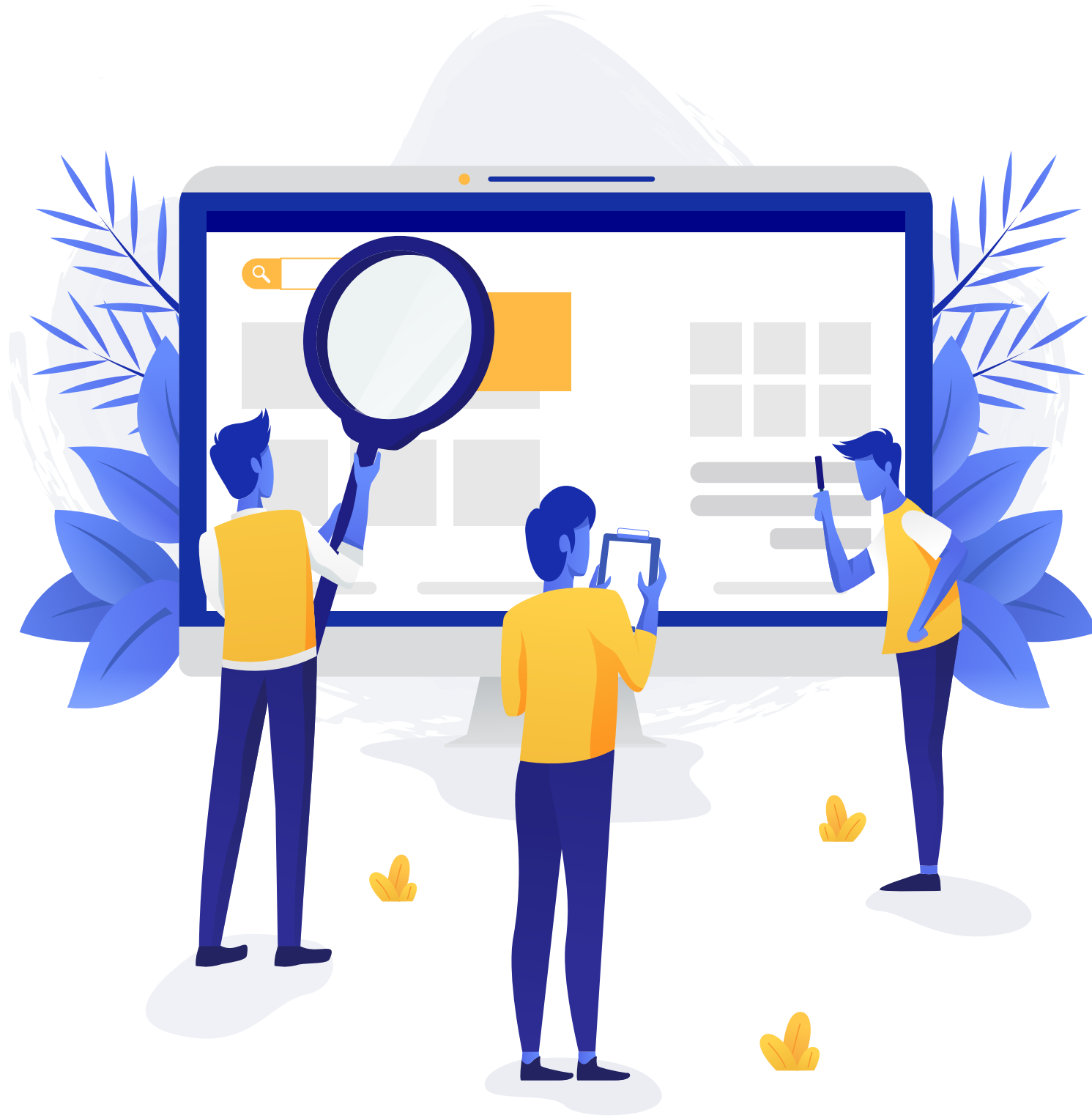
Normal (Healthy Weight) **1 8 . 5 ≤ B M I < 2 4**

Overweight **2 4 ≤ B M I < 2 7**

Moderately Obese **2 7 ≤ B M I < 3 0**

Moderately Obese **3 0 ≤ B M I < 3 5**

Very Severely Obese **B M I ≥ 3 5**



**Studies show that** In North America, unhealthy diets are one of the major risk factors leading to several illness and diseases including obesity and cancer.

**How can we create a balance diet that benefits our health?**

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# MIRIKEL™ **Balance Five**

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## Meal Replacement

Whether it's for your life on the go, daily exercises, or those afternoon cravings, MIRIKEL Balance Five is designed to give you a yummy boost.

**BALANCE FIVE,  
BALANCE LIFE**

Only  
**112**  
Calories



**VEGAN | NON-GMO | NO SUGAR ADDED  
NO ADDED PRESERVATIVES OR ADDITIVES  
NO ARTIFICIAL COLORING OR FLAVORING**



The product includes five types of foods that are essential to your well-being. The formula has perfectly balanced 20 types of carefully selected grains, legumes, nuts, fruits, and vegetables to provide you with a healthy blend of protein, healthy fat, fiber, vitamins and minerals.



**Supports Weight  
Management\***

Balance Five keeps you full and  
more energetic, helping you manage  
your weight and benefiting your  
fitness training.\*



**Energy  
Boost\***

## Featured Ingredients & Key Benefits – 1

# Grains



\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

### **Black Sesame, Malts, Black Rice, Black Glutinous Rice, Brown Rice, and Oats**

Balance Five includes beneficial wholesome grains that are rich in various nutrients, including high fiber content, B vitamins, and minerals. A high fiber content supports a healthy bowel function and satisfies the appetite by providing a feeling of fullness, while B vitamins help the body release energy from protein, fat, and carbohydrates. These grains also contain phytochemicals that are clinically studied to benefit a healthy and balanced diet.\*

## Featured Ingredients & Key Benefits – 2

# Legumes



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### Black Soya Beans, Soybeans, Mung Beans, Gingko, and Plantain Seeds

Balance Five is also powered by legumes. In addition to B vitamins, they are a good source of minerals such as iron, calcium, phosphorous, zinc and magnesium that provide various health benefits. For those who are on a vegetarian or vegan diet, legumes are an ideal substitute for meat. They are made up of protein and carbohydrates, therefore provide your body with energy.\*

## Featured Ingredients & Key Benefits – 3

# Fruits & Vegetables



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## Red Dates, Raspberries, Tomatoes, Broccoli, Radishes, Lutein, and Hawthorn

Balance Five has carefully selected some of the most nutritious fruits and vegetables to meet your health needs.

They contain a wide variety of nutrients including potassium, fiber, folate (folic acid) and vitamins A, E and C that are vital for health and maintenance of your body.\*

## Featured Ingredients & Key Benefits – 4

# Nuts



**The science-based formulation has also included nuts such as walnuts and almonds.**

They are studied to boost your energy and maintain your weight.\*

- Almonds are high in fiber, vitamin E, and magnesium.
- Walnuts are rich in omega-3 fats, antioxidants, and phytosterols.

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## Directions for Use

Mix one packet (1.06 oz/30g) of Balance Five with 200ml of warm water (below 60°C/140°F). Stir well and enjoy.

Drink one packet per day. Consume after opening.

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MIRIKEL™  
**Balance Five**  

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**Meal Replacement**

※ All rights reserved.

※ This product is not intended to diagnose, treat, cure or prevent any disease.

**THANK YOU**

