

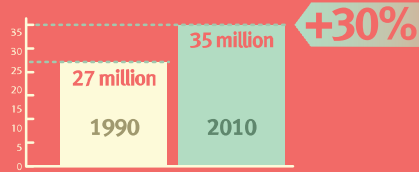
ADEQUATE NUTRIENT-INTAKE SUPPORTS HEALTHY LONGEVITY

BURDEN OF DISEASE



66% OF DEATHS WORLDWIDE

Two out of three are due to NCD



POOR DIET IS THE BIGGEST RISK FACTOR FOR DISEASE

GOOD NUTRITION IS CRITICAL FOR HEALTHY AGEING



of all NCD deaths take place before the age of 70



Approximately **one third** of cancers are preventable

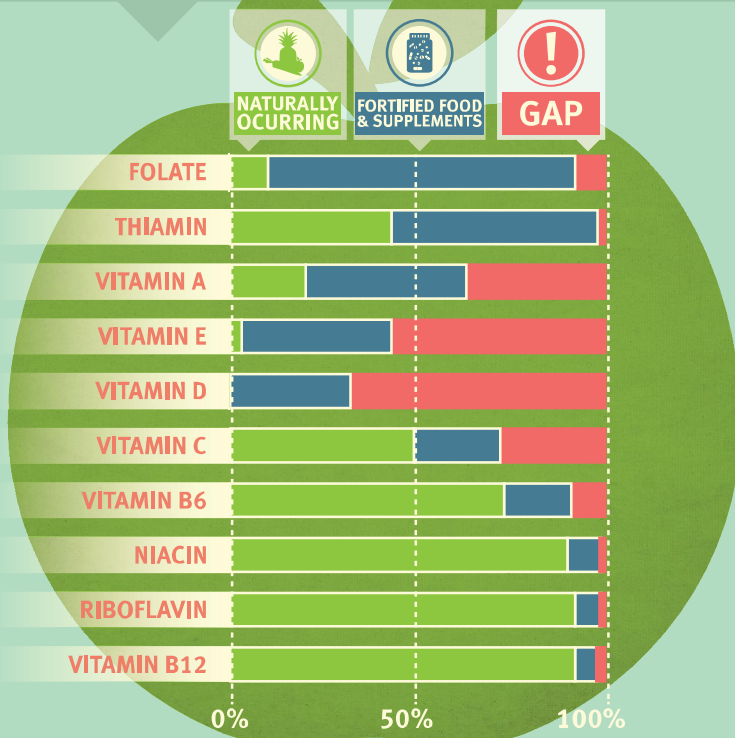


of heart disease, stroke and type 2 diabetes death are preventable



Healthy Lifestyle and Good Diet reduce the Risk of Non-Communicable Diseases

DIET ALONE CANNOT PROVIDE ALL ESSENTIAL NUTRIENTS



3 SIMPLE STEPS TO IMPROVE NUTRIENT INTAKE



1 EDUCATE in Healthy Nutrition
For inquiries about nutrition and supplements you could add, ask your physician for advice to support your health.



2 ENRICH Diet with Fortified Foods
To achieve a nutrient-calorie balanced diet, compensate missing nutrients. Look for fortified foods at the grocery store.



3 ENHANCE Supplementation
It may be difficult to obtain all of the essential nutrients compared to recommendations from food alone. To fill the gaps, you could consider a supplement.

