

**AVALON™**  
GINSENG

## Benefits of AVALON™ American Ginseng Slice with Honey

- Replenish energy
- Relieve fatigue
- Enhance immunity
- Support concentration
- Nourish lungs
- Prevent dryness of mouth and constant thirst
- Promote beauty and maintain youthful look

**One Sachet A Day,  
Vitality All The Way!**

## Customer Testimonials



**Alice Tay & Mother:** "There is a sweet after-taste which covers the original bitter taste of Ginseng. My mother and I both like it as it help us to replenish energy and relieve tiredness. We have been recommending AVALON™ American Ginseng Slice to friends and relatives ever since!"



**Kelvin Ong:** "I feel refreshed & it really increased my alertness throughout the day! Now I feel less lethargic in class, allowing me to study more effectively. Besides, it tastes great!"



**Mr. Wai Tong:** "I used to cough profusely in the past but after taking AVALON™ American Ginseng Slice, the coughing stopped and my throat feels better. I am now more energetic and sleeps better at night; best of all it would't make me feel heaty."

## Recommended Dosage:

AVALON™ American Ginseng Slice with Honey can be chewed directly without any preparation. For general healthcare, consume 1 sachet (5g) daily. For fatigue, post operation, post delivery and recovery from illness, consume 2 sachets daily.



## AVALON™ American Ginseng Slice with Honey

is developed and distributed by

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## Nourishing. Energizing

- 100% Natural • Enriched with Linden Honey
- Vacuum-Packed • Ready-to-Eat

## American Ginseng, A Good Adaptogen

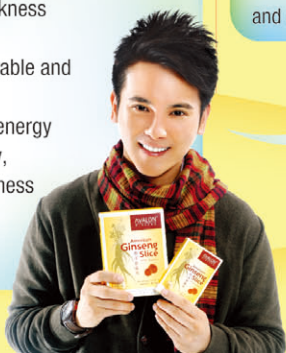
American ginseng (Panax quinquefolius) originates from the US and Canada, is a valuable and scarce health supplement. It contains 16 essential trace elements, more than 17 amino acids and polysaccharide, peptide, and a variety of vitamins.

In the West, American ginseng is regarded as an excellent adaptogen to help people adapt to the environment, reinstate body equilibrium, restore energy and improve body's resistance to stress and illnesses. Native Americans use American ginseng to enhance fertility and improve mental faculty, as well as to treat respiratory illnesses, headache and fever.

Traditional Chinese Medicine (TCM) believes that American ginseng can help to boost stamina and vigor without heating and stimulating properties. Regular consumption of American ginseng helps to enhance overall wellbeing, physical health.

## When Do We Need American Ginseng?

- Before intense mental work
- Before and after exercise
- Traveling
- During learning, examinations or feeling tense
- Poor immunity against sickness
- Asthma, cough
- Dryness of the mouth, irritable and sleeplessness
- Feeling weak and lack of energy
- Post surgery, post delivery, and recovering from an illness



"AVALON™ American Ginseng Slice comes in handy sachet that I can consume any time at my convenience and the honey coated on it helps to soothe my throat too! It is indeed a very good energy boosting product that keeps me alert in the midst of my busyness."

Nick Shen Wei Jun, Mediacorp Artist

## Tips on Taking American Ginseng

**Tip#1: American Ginseng is good for health but it should be consumed in moderation on regular basis.**

AVALON™ American Ginseng Slice with Honey is vacuum packed in standardized dosage of 5g per sachet to maintain consistency of dosage and to avoid over-dosage.

**Tip#2: American Ginseng, when taken on its own can be too bitter for some to accept. Mixing American Ginseng with Honey can enhance the taste and increase palatability of the product.**

AVALON™ American Ginseng Slice is enriched with Linden honey, making it extremely palatable and nourishing.

Linden honey contains natural anti-inflammatory properties to help soothe and relieve sore throat as well as nourish and safeguard our lungs against cough. When combined with premium American ginseng, the health benefits are doubled and it enhances our body's immunity and overall well being.

**Tip#3: The ideal way to enjoy the maximum benefits of American Ginseng is through chewing!**

Nutritional benefits of American Ginseng are optimized during chewing process as it enhances absorption via the capillaries in the mouth. Besides, chewing also promotes saliva secretion, nourishing the throat and prevents dryness of mouth. AVALON™ American Ginseng Slice with Honey is ready to eat and can be chewed on directly.