

# DISCOVERING *NT* ODYSSEY

## 探索妮生活

EXPLORE THE IMPACT OF ANTIOXIDANTS ON HUMAN HEALTH  
探索抗氧化劑對健康的影響力

**S**ATURDAY  
星期六

**04** 十月  
2025

1:30PM  
|  
2:30PM

### LEARNING HIGHLIGHTS 講座大綱

Conducted in English  
英文講解

- Identify the sources of harmful free radicals which can be detrimental to your health  
瞭解有害自由基的形成以及對人體造成的傷害
- Unveil the power of antioxidants in reversing the signs of aging  
揭露抗氧化劑對逆轉衰老跡象的作用
- Learn how to improve your internal antioxidants level  
學習如何提升體內的抗氧化劑水平

**SIGN UP NOW!**  
立即報名!

Elevate your seminar experience  
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解鎖妮的美麗生活，全程參與即可領取  
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BELLE TAN



- Internationally Certified Senior Nutritionist  
國際認證資深營養師
- Holds a Bachelor's Degree (Hons) in Nutrition from Australia and Malaysia  
持有澳大利亞和馬來西亞營養學榮譽學位
- Has more than a decade of professional experience as a certified nutritionist, nutrition consultant, and nutrition trainer for MNCs  
持有十多年擔任認證營養師、營養顧問以及跨國保健企業培訓師的專業經驗
- Passionate in precision nutrition and cutting-edge anti-aging nutrition  
熱衷於精準營養以及高端的抗衰老營養

\*Redeemable with a minimum purchase of S\$600 and is valid for use on the day of the seminar only. Limited quantity available.

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