

- · All offers featured are valid only while stocks last.
- · The Company reserves the right to replace FREE gifts featured where necessary.
- * Excluding nett-priced items.
- ** Excluding nett-priced items and purchase-with-purchase items.
- All prices listed in this catalogue supersede our previous printed price.
- Every care is taken to ensure the information printed is correct at the time of printing. However, the company reserves the right to make any changes due to unforeseen circumstances, without prior notice.





www.tupperwarebrands.com.sg

For Singapore only (toll free) **Tel: 800 601 1345** For overseas only **Tel: +65 6285 8988**

Email: twseorder@tupperware.com



HJ Tupperware Singapore

tupperware@sh.sg WhatsApp: 9024 2048 http://tupperware.sh.sg







Maximize the usage of our products with these helpful icons:





















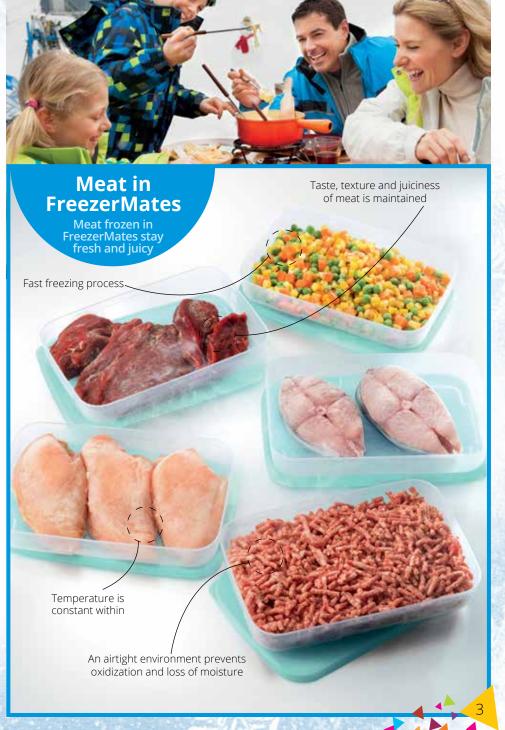




Which would you FEED YOUR

FAMILY WITH?





FreezerMates provide the perfect solution as it seals in the freshness and reduces contamination - all while keeping food fresh as the day it was bought.



- · Made from materials to withstand temperatures as low as -4°F/-20°C
- · Wall thinness allows for fast freezing
- · Helps keep temperature of food constant to prevent freezer burns
- Comes in a variety of sizes to freeze correctly in the portions you need them in
- Rounded corners and recessed bottoms allow air to circulate through, even when stacked



Flexible seal with tab for easy removal.



Filling up to the indicated fill line, allows sufficient room for expansion as food freezes.



Clear windows allow fast and easy identification.



- · Avoid putting hot food in the freezer.
 - If you cook some of your freezer meals ahead of time, put it in the refrigerator to cool off completely before you stick in the freezer.
 - · Keep temperatures below freezing. Freezer burn only occurs if the temperature fluctuates above 0°F.
 - Don't leave the door to the freezer open.

Along the same lines, you don't want to stand in front of the freezer with the door open for long lengths of time. This will cause the temperature in the freezer to rise, making it likely to rise above freezing.

· Always thaw food in the refrigerator, not on the counter top.

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1/1111 8573

Freeze Up Set

FreezerMate Small II (4) 650ml FreezerMate Medium II (2) 1.5L Gift Box

\$94.00 Retail

\$75.20 NOW



2/1111 8395

FreezerMate Large II (2) 3.1L Worth \$59.60

with every purchase of 1111 8573



EXCLUSIVE PURCHASE







Keep things handy, HEALTHY, COOL

Hydrate your way to a flat tummy!

Try our refreshingly healthy infused water recipe

1 liter water

8 strawberries

1/2 lemon, thinly sliced

2 mint leaves

Add halved strawberries, lemon slices and mint leaves into Handy Cool. Fill Handy Cool with water, chill in the fridge and serve.

Why infuse water with fruits?

Strawberries are packed with antioxidants and keep your water sweet.

Lemons provide a natural cleansing and detox effect thanks to the citric acid that effectively flushes toxins from your digestive system.

Mint leaves help your body digest better and soothe stomach cramps.





- 1 1105 0454 Handy Cool (2) 1.0L \$33.20 Retail \$26.60 NOW SAVE 20%
- 2 1105 2662 Fridge Water Bottle (1) 2.0L \$22.90 3 1106 8255 Modular Keeper with Grid

(1) 9.4L \$56.00 HJ Tupperware Singapore

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• 4 1110 4068 VentSmart Rectangular Medium High (1) 4.4L \$49.50 • 5 1110 4067 VentSmart Rectangular Medium Low (1) 1.8L \$34.00 Retail \$27.20 NOW SAVE 20% • 6 1110 4069 VentSmart Rectangular Small High (1) 1.8L \$29.00



Yay! Super games AND YUMMY SNACKS



1111 8645

\$28.50 Retail

\$24.20 NOW

Snack 'N' Chess

Round Keeper (1) 380ml

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http://tupperware.sh.sg

SAVE 15%

Tumbler (1) 500ml





Snack 'N' Ladder

Tumbler (1) 500ml Round Keeper (1) 380ml

\$28.50 Retail

\$24.20 NOW

HJ Tupperware Singapore

SAVE 15%

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Cut out games from gift box and have a great time with friends!











Snack 'N' Race

Tumbler (1) 500ml Round Keeper (1) 380ml

\$28.50 Retail

\$24.20 NOW

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Snack 'N' Go

Tumbler (1) 500ml Round Keeper (1) 380ml Gift Box

\$28.50 Retail

\$24.20 NOW

SAVE 15%







• 1 1110 5804 Water Wonder-All* (1) 10.0L \$69.00 • 2 1105 8012 B2B Snack Stor (1) 2.9L \$21.90 • 3 1110 2344 Small Goody Box with Cariolier (4) 790ml each \$43.30 • 4 1111 2538 Large Square-A-Way (4) 620ml \$37.20 • 5 1105 8104 B2B Slice & Stor (2) 1.4L \$33.80

*Taps and parts are not covered by the Tupperware® Lifetime Warranty.

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Pack **MEALS**





A946

Lunch To Go

Rectangular Divided Lunch Box (1) 1.0L Cutleries Set Pouch

\$42.30 Retail

\$36.00 NOW







- 1 1111 0365 Thirstbreak Tumblers (4) 470ml \$31.40 2 1105 8455 High Handolier with Pouch* (1) 1.5L \$29.70
- 3 1110 9244 Thirstquake Tumbler with Pouch* (1) 900ml \$24.70 4 1110 9870 Beverage Buddy (1) 2.0L \$19.90
- 5 1110 9816 6 1110 9815 Eco Bottle Flip Top (2) 1.0L \$28.00 7 1111 0453 8 1111 0454 Eco Bottle (2) 750ml \$22.00
- 9 A862 10 A861 Eco Bottle (2) 500ml \$17.00 11 4020 41- Blue 12 4020 42- Red Eco Bottle Strap (1) \$5.50 13 1110 1066 Eco Bottle Brush (1) \$11.00

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Great deal to start YOUR MORNING! 1111 9058 Bread Server (1) \$23.20 Retail \$18.60 NOW **HJ Tupperware Singapore** tupperware@sh.sg WhatsApp: 9024 2048

http://tupperware.sh.sg





- 1 1105 9545 **Steam It \$26.90**
- 2 1110 5133 Turbo Chopper (1) 300ml \$61.00
- 3 1105 8177 Season Serve (1) 1.9L \$31.00
- 4 1109 1779 Salt N Spice Set (2) 500ml \$18.00
- 5 1105 8190 Large Stor N Pour (3) 650ml \$36.30

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Icy Trio! Easy-to-make healthy icy treats



that kids love



Repeat with other fruits. Layer the frozen fruit mixture. Freeze for 6 hours and serve cold.



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1111 7557 Smooth Chopper (1)



1111 8400

FreezerMate Junior II (4) 290ml Worth \$38.80

with every purchase of 1111 7557









Saves Space

*0% Interest Installment Plans, please refer to page 55.



Airtight covers seals in freshness

SERVE &





1/ 1110 8486

Blossom Microwaveable Serveware

& Serving Spoon (1) Serving Dish (1) 1.1L & Serving Spoon (1) Soup Server (1) 1.8L &

\$139.90

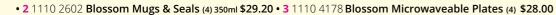
Oval Server with Colander (1) 1.8L Soup Ladle (1) Serving Platter (1) 600ml & Serving Spoon (1) Gift Box



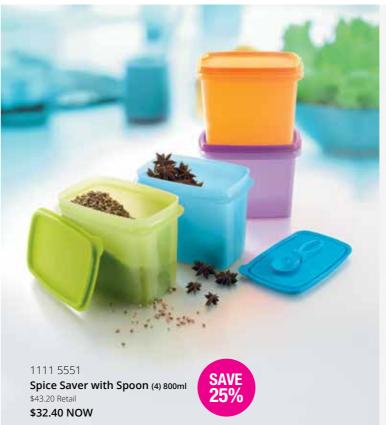








• 4 1110 2603 Blossom Microwaveable Bowls (4) 600ml \$16.80 • 5 1110 3063 Blossom Pitcher (1) 2.3L \$27.40





Singapore specials

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A1252

Perfect Prep Partner Set

Microwaveable Meal Maker 430ml Allegra Bowl (1) 1.5L

\$77.00 Retail

\$46.20 NOW









Large tab for easy opening.



Ergonomic handle for easy & firm grip.



Recessed lid allows

for comfortable

Spoon rest on bowl.



Smooth curvature lets you get the last scoop.



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It's all for Kids & TOTS

- Color safe Non toxic
- Foodgrade material



straw for easy cleaning

 Ergonomically shaped





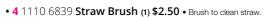
used for tumbler.



| Ergonomic curve makes

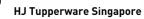
it easy to pick utensils up





- 5 1110 7687 Twinkle Feeding Bowl (1) 430ml \$7.30
- 6 1110 6838 Twinkle Straw Tumbler (1) 350ml \$14.90
- 7 1110 8743 Twinkle Straw (1) \$1.80
- 8 1110 7784 Twinkle Cutlery Set With Casing (1) \$8.50







New improved multiflow teat

The new teat has a 3-vent valve that provides the following benefits:

- No leakage when collar is tightened or when cap is closed and bottle, teat shaken.
- Does not collapse with continuous suction, 3-vent valves support air compensation created by vacuum inside.
- The slit at suction point can be easily opened compared to old teat.

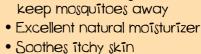




Spill proof

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- 1 1104 4820 Shape-O-Toy (1) \$40.00 2 1110 8791 Baby Bottle Frog with Teat (1) 50z \$9.90 http://tupperware.sh.sg
- 3 1110 8790 Baby Bottle Penguin with Teat (1) 50z \$9.90 4 1110 8789 Baby Bottle Penguin with Teat (1) 90z \$11.30



Natural active ingredients

Anti-inflammation



Twinkle Set

B939

5/Top-To-Toe Wash (1) 250ml 6/Body Lotion (1) 75ml \$25.00 Retail

\$21.00 NOW







Tear-free formula pH5.5

nutrimetics





Easy | + | = | | modularisation, | + | = | V many | + | = | V combinations|

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1105 8183 Oval Seal - Black 1105 8188 Oval Seal - Chili

Modular Mates Ovals

1100 6963 Oval I (1) 500ml \$10.30 103 0236 Oval II (1) 1.1L \$13.80 1103 0237 Oval III (1) 1.7L \$17.50 1100 6966 Oval IV (1) 2.3L \$18.90



● 1105 8456 Round Seal - Black ● 1105 8457 Round Seal - Chili

Modular Mates Rounds

 1100 6978 Round I (1) 200ml
 \$6.90

 1100 6979 Round II (1) 440ml
 \$8.30

 1103 0233 Round III (1) 650ml
 \$11.00

 1100 8219 Round IV (1) 890ml
 \$13.50



Modular Mates Mini Rectangulars

1100 8403 Mini Rectangular I (1) 850ml 1100 8404 Mini Rectangular II (1) 1.9L

1105 8185 Mini Rectangular Seal - Black
 1105 8184 Mini Rectangular Seal - Chili

\$13.30 \$17.90

*The above prices include seals



Modular Mates Rectangulars

1104 3026 Rectangular II (1) 4.3L 1104 3027 Rectangular III (1) 6.5L

1105 8187 Rectangular Seal - Black
 1105 8186 Rectangular Seal - Chili

\$26.90 \$29.80

0



■ 1105 8179 Square Seal - Black ■ 1105 8178 Square Seal - Chili

Modular Mates Squares

1100 6984 Square I (1) 1.2L \$17.50 1100 6985 Square II (1) 2.6L \$24.00 1100 6986 Square III (1) 4.0L \$25.90 1100 6987 Square IV (1) 5.5L \$28.00

Modular Mates height: Size I - 6.1cm

Size I - 6.1cm Size II - 11.7cm Size III - 17.3cm Size IV - 22.7cm



Endless ORGANIZING POSSIBILITIES



FREE FreezerMate Small II (1) 650ml Worth \$13.00



● 1106 8059 - Black

• 1106 8058 - Chili

1/ Modular Mates Rectangular Set

Rectangular II (1) 4.3L Mini Rectangular I (2) 850ml Mini Rectangular II (2) 1.9L Gift Box

\$86.60

FREE FreezerMate Junior II (1) 290ml Worth \$9.70

- 1110 9248 Black
- 1110 9247 Chili

2/ Modular Mates Starter Set

Square II (1) 2.6L Oval II (1) 1.1L Oval I (2) 500ml Gift Box

\$58.40

FREE FreezerMate Small I (2) 250ml Worth \$18.60



3/ Modular Mates Essential Set

Square II (2) 2.6L Oval II (4) 1.1L Square IV (1) 5.5L Gift Box

\$125.60 **0**



*0% Interest Installment Plans, please refer to page 55.















- 1 1109 1610 CrystalWave Divided Dish (1) \$25.90
- 2 1105 8191 CrystalWave Soup Mug (2) 460ml \$25.80
- 3 1105 8458 Reheatable Divided Lunch Box (1) 850ml \$24.20













- · A light oil-free serum
- Locks in a reservoir of moisture 1,000 times its own weight



- 1 N211 0715 UltraCare+ Brightening Oxygen Treatment 50ml \$99.00
- 2 N211 0906 UltraCare+ Moisturising System 30ml \$75.00

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B650

Premier Whitening - Day

Moisturising Day Creme SPF15 45ml Purifying Cleansing Foam 110ml \$109.00 Retail

\$87.20 NOW



B651

Premier Whitening - Night

Whitening & Replenishing Night Creme 45ml Purifying Cleansing Foam 110ml \$109.00 Retail

\$87.20 NOW







• 1 N220 0009 Moisturising Day Creme SPF15 45ml \$62.00 • 2 N220 0007 Purifying Cleansing Foam 110ml \$47.00

• 3 N220 0006 Purifying Cleansing Milk 120ml \$52.00 • 4 N220 0008 Clarifying Toning Lotion 120ml \$52.00

• 5 N220 0010 Whitening & Replenishing Night Creme 45ml \$62.00

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A little apricot Lovin' goes a long way

Nurtures Complexion

Formulated with Apricot Kernel Oil

Oily Combination

• 1 N221 0952 Oil-Free Moisturiser SPF 15 75ml Oil-free sun protection \$19.00 Retail \$17.00 NOW SAVE 10% • 2 N221 0950 Cleansing Mousse 150ml Cleanses & protects \$17.00 Retail \$15.00 NOW SAVE 10% • 3 N221 0951 Balancing Toner 150ml Tones & firms \$17.00 Retail \$15.00 NOW SAVE 10% 4 N220 0001 Foaming Cleanser 175ml Removes oil & dirt \$16.00 Retail \$14.00 NOW SAVE 10%

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Enriched with Apricot Kernel & 50 botanical extracts

Normal Combination

nutrimetics

FOAMING FACIAL CLEANSER

GEL NETTOYANT

Mmi QES:38 FICE

HOUSSANT

Chimins A.









- 1 N211 1553 Honey & Almond Scrub 125ml \$36.00 Exfoliate and stimulate
- 2 N211 1552 Skin Fresh Toning Lotion 200ml \$28.00 Tones and firms
- 3 N211 1557 Nutri-Moist Moisturising Creme 125ml \$41.00 Exfoliate and stimulate For normal & dry skin • 4 N211 1556 Nutri-Moist EL Extra Light Moisturising Creme 125ml \$39.00 Boost hydration without clogging pores For combination skin • 5 N211 1551 Skin Clean Cleansing Milk 200ml \$28.00 Non-drying cleanser • 6 N211 1558 Foaming Facial Cleanser 100ml \$22.00 Deep botanical cleanse



Defy aging with Restore

100% women saw less wrinkles in 28 days!*

For dry & mature skin













* Based on consumers' self-evaluation





8-in-1 B.B Cream

- ✓ Anti-inflammatory
- Corrective base
- Sun protection
- Moisturizing
- ✓ Anti-wrinkle
- ✓ Brightening
- Foundation
- Touridation
- Concealer

N204 0005 - Light

N204 0006 - Medium

N204 0007 - Pink

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- 1 N210 1131 Instant Eye Make-Up Remover 115ml \$26.00 2 N224 0010 Prestige White 2 Way Face Cake Natural \$36.00 N224 0010R Prestige White 2 Way Face Cake 14.5g Natural Refill \$21.00 3 N224 0009 Prestige White 2 Way Face Cake Sheer Rose \$36.00 N224 0009R Prestige White 2 Way Face Cake 14.5g Sheer Rose Refill \$21.00 4 B.B Blemish Balm Cream SPF 42 PA+++ 30ml \$30.00 5 N211 3920 nc Liquid Eye Definer \$20.00
- 6 Quad Blush N224 0029 Golden Peach 7 N224 0030 Radiant Pink 6g \$19.00 8 N211 1078 Eye Brow Contouring Pencil 0.35g \$13.00
- 9 N211 3250 nc Lash Impact Mascara 8ml \$21.00







Magix Set 1

14/ Magix Lip Color 3g - Sunflower 15/ Magix Lip Color 3g - Lavender \$24.00 Retail

SAVE OVER 10%

\$19.00 NOW

B702

Magix Set 2

14/ Magix Lip Color 3g - Sunflower 16/ Magix Lip Color 3g - Rose \$24.00 Retail

\$19.00 NOW

*Colors may vary based on individual lip color



100% Plant-based

N203 0054

Natural Moist Lip Balm 1.5g

- · Enriched with organic aloe vera & botanical oil extract
- Protects and moisturizes to keep lips soft, smooth and moist Fragrance & paraben-free

\$11.00



Deep Nourishing

Prestige Gold Lipstick 3.5g

· Lavender Oil · SPF 18 · Apricot Oil

\$15.00

Colour Essentials Moisturising Lipstick 3.5g

· Avocado · Vitamin E · SPF 18 \$13.00 Retail

\$11.00 NOW



Prestige Gold Lipstick 3.5g • 1 N204 0026-Blossom Bloom

- 2 N204 0016-Fuchsia Love 3 N204 0017-Cherish
- 4 N204 0013-Tea Rose 5 N204 0012-Scarlet
- 6 N204 0011-Satin Peach 7 N204 0015-Orange Fire

Colour Essentials Moisturising Lipstick 3.5g

8 N204 0022-Sweet Red • 9 N204 0018-Blooming Rose **10** N204 0025-Rosy Rose • **11** N204 0019-Sweet Coral **12** N204 0024-Honey Plum • **13** N204 0020-Light Berry

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- 1 N203 0005 Nourishing With Honey Shampoo 300ml \$15.00 2 N203 0006 Nourishing With Honey Conditioner 200ml \$13.00
- 3 N203 0026 Hair Fall Control Conditioner 200ml \$16.00 4 N203 0025 Hair Fall Control Shampoo 300ml \$17.00 5 N203 0024 Floral Zest Body Lotion 220ml \$12.00 • 6 N203 0022 Orchard Fresh Body Lotion 220ml \$12.00 • 7 N203 0021 Orchard Fresh Body Wash 500ml \$14.00 • 8 N203 0011 Ginger Plus Virgin Coconut Oil 2-in-1 Hair Shampoo 250ml \$11.00 • 9 N203 0013 Ginger Body Cream 150ml \$15.00 • 10 N203 0014 Ginger Plus Virgin Coconut Oil Hair Serum 40ml \$17.00 • 11 N203 0016 Ginger Body Wash 500ml \$14.00





- 1 N203 0002 Feminine Wash Manjakani 200ml \$14.00 Retail \$12.00 NOW SAVE OVER 10% 2 N203 0001 Feminine Wash Cool Mint 200ml \$13.00
- 3 N203 0007 Scented Roll-On Deodorant 55ml \$6.00 4 B941 Heel-ing Cream Set (2) 50gm \$26.00 Retail \$22.00 NOW SAVE 15% 5 B942 Double Roll On Deodorant Set (2) 55ml \$12.00 Retail \$10.00 NOW SAVE OVER 10%

- 6 N203 0010 Citrus Bilberry Body Wash 500ml \$14.00 7 B940 Citrus Bilberry Body Polish (2) 150ml \$26.00 Retail \$22.00 NOW SAVE 15%
- 8 N201 8009 Citrus Bilberry EDT 50ml \$38.00 9 N203 0039 Lavender Moisturising Hand Wash 300ml \$7.00

Look visibly different with NaturCare® Gluta HA



Every face tells us a story. It is like a mirror that reflects the choices we make in our lifestyles and reveals the consequences of age, which eventually takes a toll on our complexion and results in fine lines, wrinkles, dull and sagging skin.

Why do we age?

Internal Factors¹

- Collagen production depletes with age
- Skin loses elasticity
- Skin cell renewal rate slows down

External Factors¹

- Sun exposure
- Cigarette smoke
- Unhealthy diet
- Pollution
- Stress

All these factors expose our skin to free radicals that **deplete the** collagen in our body and causes cells to degenerate.

_-Glutathione

This antioxidant binds to free radicals, toxins and heavy metals and rids them from the body.2

Hvaluronic Acid

Hyaluronic Acid locks in moisture 1000x its own weight to provide cushioning and lubricating effect within skin outer layer (dermis).3

Puizina-I-vic, N. Skin aging. Acta Dermatovenerol Alp Pannonica Adriat. 2008 Jun; 17(2):47-54. ² Arjinpathana N & Asawanonda P, Glutathione as an oral whitening agent: J. Dermatol Treat. 2010. ³ Sato T et al. Clinical effects of dietary hyaluronic acid on dry, rough skin. Aesthetic Dermatology Vol. 12: 109-120, 2002

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NTRODUCTOR SPECIAL V'Radienz Intro Set NaturCare® BerryGen® (2) 15gm x 15 sachets NaturCare® Gluta HA (1) 30 vegecaps NaturCare® Paper Bag (1) \$253.00 Retail \$227.70 NOW **SAVE MORE WITH TWIN SETS!** V'Radienz Twin Sets NaturCare® BerryGen® (4) 15gm x 15 sachets NaturCare® Gluta HA (2) 30 vegecaps NaturCare® Paper Bag (2) \$430.00 NOW

The ultimate combination for youthful beauty

NaturCare® V'Radienz comprises of BerryGen® and Gluta HA that combines powerful antioxidants with fish collagen peptides and other natural ingredients to defend against the negative effects of free radicals, allowing collagen to effectively renew and repair skin.



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Algae Astaxanthin

The unique molecular structure of Astaxanthin gives it trans-membrane ability in fighting free radicals from both inner and outer layers of the skin.4

Fish Collagen Peptides

Fish collagen peptides with its refined molecular size (<2000 Dalton) is found to be easily digested and absorbed to effectively fill in the body's gap of collagen to rebuild skin from within.5

For radiant complexion, take 1 Gluta HA after breakfast; mix 1 BerryGen® to 200ml water and drink before bed. For optimum results in lesser time, double this up daily until desired result is achieved.





⁴ Yamashita. The Effects of a Dietary Supplement Containing Astaxanthin on Skin Condition. Carotenoid Science; 10:91-95. 2006.

⁵ Proksch et al. Oral supplementation of collagen peptides has beneficial effects on human skin physiology. Skin Pharmacol Physiol. 2014;27(1):47-55.



MS1500:2009 1 067 - 06/2007

Your source for aging & living well

Keep healthy with the benefits of pomegranate.

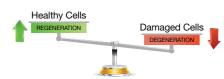
There are only two things you can be sure of in life. Firstly, aging is inevitable. Secondly, as you progress in life, you will start to feel the effects of age. Now you have the power to slow the process and approach your senior years with confidence with NaturCare® Pomegranate Full Spectrum.

NaturCare® Pomegranate Full Spectrum helps protect against aging, avert the loss of energy levels and stamina. Enriched with Punicic Acid, a natural antioxidant booster, it keeps the effects of aging at bay so you can focus on being healthy and enjoy life.



Pomegranate - A Natural **Antioxidant Booster**

It's the **Punicic Acid** found in Pomegranate extract and seed oil that reduces free radicals and manages oxidative stress. Studies show that consumption of Pomegranate extract can increase antioxidant capacity in healthy individuals.1



1. Mertens-Talcott et.al, Absorption, metabolism, and antioxidant effects of pomegranate (Punica granatum I.) polyphenols after ingestion of a standardized extract in healthy human volunteers. J Agric Food Chem. 2006 Nov 15:54(23):8956-61.

HOW ANTIOXIDANTS WORK? Free Radicals **Antioxidants** Damage Cells Prevent Cell Damage Antioxidant

free radical

Free Radicals

Antioxidants

MS1500:2009 1067-06/2007

7009 00

\$42.00

NaturCare® Pomegranate

Dosage: 2-4 softgels once or twice daily with meals.

Full Spectrum (1) 60 softgels

Enjoy a soothing cup of health with NaturCare® Premium Green Tea.

7004 20 NaturCare® Premium Green Tea (1) 2gm x 20 tea bags \$9.90



1 tea bag can make up to 3 cups.

Take a sip of soothing pleasure

Feeling stressed and tired?



Mini Quick Shake (1) 300ml \$11.80

\$66.00

2/ 1106 6418

Are you eating enough fiber?

Fill in the fiber gap with NaturCare® Organic Lacto Fiber™

Today's rapid pace and lifestyle prevents us from including enough fiber in our diets. Often, we reach for the most convenient, instant and processed food, which lack nutrients and eventually leads to a poor digestive system and other health issues that hinders us from living life to its fullest.

Fortunately, we have a quick and wholesome solution with NaturCare® Organic Lacto Fiber™. Enriched with more than 59 nutrient-rich ingredients, it binds to toxins in body and flushes them out for a healthier

1/ 7002 20 **BUY 2 AND** NaturCare® Organic **SAVE MORE!** Lacto-Fiber™ (1) 300gm

3/ |307

NaturCare® Organic Lacto-Fiber™ (2) 10gm x 12 sachets \$58.00 Retail \$52.20

59 nutrient-rich ingredients To improve energy level, general well-being and restore healthy radiant skin. Added with Milk Thistle

Whole-food blend of more than

a natural herb To protect and strengthen liver function.

4g of fiber in 1 serving To promote a healthy digestive system while fiber normalizes cholesterol level.

Enriched with pre- and probiotics plus fruity enzymes To support bodily defense or immune system.



Direction: Shake and mix 1 scoop with water or juice to make a refreshing fiber drink.

K.K.L.I.U 10/2014/L/54

Special Smart Heart Offer!



Dosage of NaturCare® Organic Lacto-Fiber™: Take 1 scoop with water/juice up to 3 times daily before meals. Dosage of Pomegranate Full Spectrum: 2-4 softgels once or twice daily with meals.



The super healthy combo

With the abundance of high fat low fiber food in Malaysia, it's not surprising that 1 in 3 Malaysian adults have high cholesterol¹. Maintaining a normal level of blood cholesterol is actually important for a healthy heart and circulatory system.

Now, with our super-effective combo – NaturCare® Organic Lacto Fiber™ and Pomegranate Full Spectrum - you can lower your cholesterol naturally. Organic Lacto-Fiber[™] helps normalize cholesterol levels and promotes a healthy digestive system. While Pomegranate Full Spectrum provides essential antioxidants to smoothen blood flow and accelerate cholesterol removal from your body.

¹Malaysia National Health and Morbidity Survey 2011

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^{*} Meets FAO / WHO recommended daily intake for children > 2 years old

^{**} Meets Codex Alimentarius recommended daily intake for children > 2 years old



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All TupperChef ™ Inspire purchases are entitled to a 0% 12 months Installment Plan for purchases above \$500 in transacted value.

*0% Interest Installment Plans, please refer to page 55.





Healthy 30 MINUTES









Induction

Masak Lodeh The Malay favorite

Spice Paste

20g dried prawns, soaked and drained 5g pre-roasted belacan 20 large red chillies, sliced ½ tsp turmeric powder

Basic Vegetables

100g sengkuang 100g eggplant 100g fermented soy beans (tempe), cut into 2cm cubes 100g long beans, cut into 5cm lengths 200g cabbage, cut into 2cm slices 1 soybean sheet (fuchuk) – soak 10 mins, drain and shred into small pieces 10g glass noodles (soak 10 mins then drain) 2 salam leaves (optional)

Gravy

250ml fresh coconut milk (or from packet) 500ml water 1½ tsp salt ½ tsp sugar



- . Place ingredients for spice paste in a small electric food processor/blender and add 2 – 3 tablespoons of water. Blend to a fine paste. Transfer this into the TupperChef™ Inspire Fryer, spreading the mixture evenly on the base of
- 2. Next, arrange the prepared vegetables over the spice mixture in layers according to the order given (carrots at the base, followed by sengkuang, then eggplant and so on). Cover and cook on LOW heat for 10 minutes.
- . Meanwhile, stir together coconut milk, water, salt and sugar until seasoings are dissolved. When vegetables are cooked (after 10 minutes), lift lid and add the coconut milk mixture. Let gravy come to a boil, stir and turn off heat. Close lid.
- 4. Add additional seasoning to suit your taste if necessary.



