

# MEET THE NEW POWER COUPLE

The best things in life come in pairs—even in health!

## SANTÉ

# NutriPair

## FROM NATURE TO NUTRITION

### BOOST YOUR HEALTH THE NUTRACEUTICAL WAY

Learn how you can harness the **power of nature** to provide your body the nutrients it needs.

### TURN A HEALTH HABIT INTO A LIFESTYLE

Take the 7-Day Guide for the Santé NutriPair Habit and enjoy the benefits of a healthy lifestyle.



Just when you thought you knew all the benefits of

## SANTÉ BARLEY™ AND DAILY-C

—there's actually so much more to discover!

**GET  
YOURSELF  
THE SANTÉ  
NUTRIPAIR!**

Conveniently buy  
online or offline!

# HARNESSING THE POWER OF NATURE TO PROVIDE NUTRITION

Nature is powerful. And it's up to us to harness its power for a greater purpose — our health!

Humans' ability to harness and subdue nature is unique among all species and has given us extraordinary influence over the future of the planet, while also allowing us to efficiently transform nature to fit our needs.

Everything humans have needed to survive, and thrive, was provided by the natural world around us: food, water, medicine, materials for shelter, and even natural cycles such as climate and **nutrients**.

A person's body cannot produce everything that it needs to function. Human bodies must obtain nutrients from food since our bodies cannot produce vitamins and minerals — for the most part.

But most of the time, the nutrients we get from our daily diet is not enough that we would need supplements to help complete the amount of each nutrients our body needs.



## NUTRIENTS YOUR BODY NEEDS BUT CAN'T CREATE

**Vitamin A** has been linked to increased brain function, vision, and cell health. The body turns the beta carotene—found in colorful fruits and vegetables like carrots, apricots, mangoes, asparagus, broccoli, and kale—into antioxidants.

**Vitamin B** support cell metabolism.

**Vitamin C** helps your body produce protein and is often recommended to fight off the common cold. Citrus fruits, strawberries, and peppers are rich in Vitamin C. Whole fruit is usually preferable to juice, as much of the fiber is removed from juice.

**Vitamin D** helps the body absorb calcium and aids bone health. The body can create a small amount of Vitamin D, converting sunlight to vitamin D through the skin. Iron, as the lack of it can lead to fatigue and more serious health problems.

**Potassium** is another mineral that the body needs to aid hydration.

**Calcium** plays a large role in bone health.

## NUTRACEUTICAL VS. PHARMACEUTICAL

While both pharmaceuticals and nutraceuticals have their benefits, nutraceuticals are better and safer for you. Pharmaceuticals have high concentrations of a single or small group of vitamins and minerals, while nutraceuticals have all the benefits of natural foods.

SANTÉ BARLEY™ AND DAILY-C are nutraceuticals.

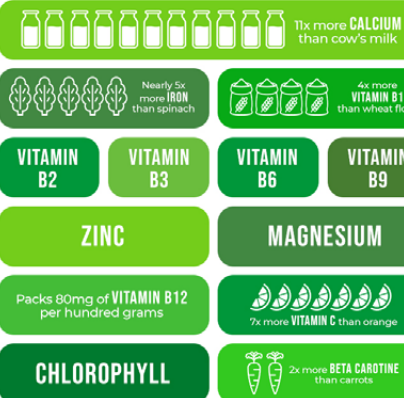
Nutraceuticals may be used to improve health, delay the aging process, prevent chronic diseases, increase life expectancy, or support the structure or function of the body. Not only are they effective, they're also very safe to consume!



Meet the dynamic duo of health: the Santé NutriPair, Santé Barley and Daily-C! Together, they can help keep your body protected and healthy against various kinds of diseases while helping you be at your super best everyday!

Go healthy, live healthy with Santé NutriPair.

### BARLEY GRASS



### SODIUM ASCORBATE

NON-ACIDIC  
VITAMIN C



# SANTÉ BARLEY™

Santé Barley™ is certified organic barley grass all the way from Santé New Zealand that has nutrients such as Zinc, magnesium, calcium, vitamins and so much more.



## Grown and harvested from New Zealand

Our 100% organic, natural, and non-GMO barley grass is sourced from the world's center of agriculture and horticulture—the Canterbury region in New Zealand



## Certified Organic by Bio-Gro New Zealand

To be BioGro certified means that the farms where our barley are sourced are inspected every year by them to ensure our compliance with prescribed organic laws. That means no artificial fertilizers, no pesticides, no genetic modification, and certain rules are followed in growing barley.



## Gluten-Free

The barley grass is not to be confused with barley wheat. Santé Barley grass is the young, soft green nutrient-dense shoots that crop up on the barley plant. When the leaf is harvested at its young stage, gluten is surely to be completely absent.



## A Nutritional Powerhouse

Regarded as a superfood, barley grass is so nutrient-dense with (vitamins, minerals, calcium, magnesium, amino acids, zinc, antioxidants and more!) that it gives your health a boost.



## Deliciously Healthy

Sweetened by stevia (a natural, plant-derived sweetener), this fresh earthy concoction promises a pleasurable experience for both your tastebuds and your health! Best Must Love Home consumed mixed in cold water.

# Daily-C

Daily-C is non-acidic sodium ascorbate. Daily-C is high in alkaline — which helps prevent stomach irritation — perfect for people who are prone to hyperacidity.

Sodium ascorbate is a form of vitamin C that has sodium components that help lower its acidity levels. The sodium content helps vitamin C to be easily absorbed and stay longer in the body. It serves as an antioxidant that helps keep your cells from damage and keep them healthy.

Sodium ascorbate is **an organic salt of ascorbic acid (Vitamin C)**. It is a clean label food additive, antioxidant, acid regulator and an essential nutrient.

## BENEFITS OF SODIUM ASCORBATE

- ✓ Prevents and treats Vitamin C deficiency (Scurvy)
- ✓ Aids in speeding the process of wound healing
- ✓ Assists the formation of collagen
- ✓ Helps enhance the absorption of iron
- ✓ A great aid to prevent cellular/tissue degeneration
- ✓ Helps the overall respiratory system

Daily-C is your everyday go-to non-acidic Vitamin C for the whole family, working parents and young professionals ("yuppies") who work all-day or on night shifts that aids the immune system. Its lowered pH makes it gentler on the stomach and safe for daily use.

**TAKE ON EVERYDAY WITH DAILY-C!**



# WHAT DOES IT MEAN TO BE BIOGRO CERTIFIED?

BioGro is New Zealand's largest and best-known certifier for organic produce and products. Carrying a BioGro logo is the mark of a genuine organic product. This guarantees that a product is made without artificial fertilizers, pesticides, and not genetically modified.



Our manufacturers have met the production requirements and audit criteria for the certification and licensing by BioGro of processors of organic products.



Documentary evidence of organic certification can be supplied on request and all exports come with independent test results to support product claims.



Our products that have passed are authorized to use the BioGro trademarks and logos in accordance with guidelines provided by BioGro.



Santé Business Owners are selling products that are authorized to carry the internationally recognized BioGro logo on its label.



Products are made without animal testing, genetic modification and the routine use of pesticide.



The BioGro logo on the box or canister assures our customers that the products they buy and consume are certified organic—free of pesticides, free of chemical preservatives, and free of chemical fertilizers.



Warehousing facilities have met BioGro standards when audited by a BioGro representative.



Santé Barley grass journey begins in the BioGro Certified organic farms, to the BioGro-certified production and storage facilities and then to you. You are assured of the best organic barley grass available in the market today.





# FREE RADICALS / OXIDATIVE STRESS

(def) n. inevitable factors that damage our cells (cell degeneration or oxidation) causing ageing and illness; they are unstable and destructive atoms that come in the form of:



**POOR NUTRITION**



**HARMFUL  
CHEMICALS**



**ALCOHOL &  
SMOKING**



**STRESS**



**RADIATION**



**POLLUTION**



**LACK OF SLEEP**



**LACK OF HYDRATION**

## AND TOO MANY MORE TO MENTION!

### BUT CAN WE FIGHT FREE RADICALS?

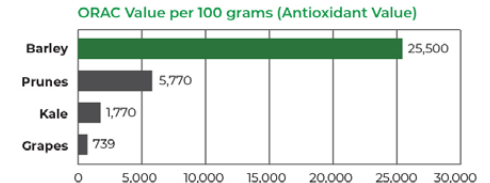
Good news, YES! We CAN fight free radicals by delaying oxidation—through antioxidants, that simply fight and delay oxidation and reduce oxidative stress.

# SANTÉ BARLEY IS A POWERFUL ANTIOXIDANT

Antioxidants (known as “free radical scavengers”) are substances that can prevent or delay damage to cells caused by free radicals.

The power and strength of an antioxidant is measured with a value, which is known as ORAC (Oxygen Radical Absorbance Capacity). It is the unit, which measures the capacity of an antioxidant to neutralize the Free Radicals.

The higher the ORAC value, the stronger the antioxidant capacity is of a particular food. Sante Barley has an ORAC value of 25,500 per 100 grams! Let's take a look:



Barley is the only vegetation on earth that can supply nutritional support from **birth to old age**.

## WHAT SANTÉ BARLEY CAN DO?

- ✓ Fight free radicals that cause ageing and illness
- ✓ Lower high blood pressure
- ✓ Reduce risk of heart disease
- ✓ Detoxify and cleanse your colon
- ✓ Lower bad cholesterol levels
- ✓ Aid in battling cancer

# DAILY-C IS ANOTHER POWERFUL ANTIOXIDANT

Also called ascorbic acid, Vitamin C helps deactivate highly reactive molecules known as free radicals that cause damage to cells.

Vitamin C is probably best known for its antioxidant properties, and has even been shown to help regeneration other antioxidants within the body, including vitamin E. In addition to neutralizing free radicals with its antioxidant properties, vitamin C also plays a role in controlling infections.



Vitamin C as an antioxidant, protects skin cells from damaging free radicals caused by UV exposure. It also inhibits melanin production on the skin which helps in lighten hyperpigmentation and give your skin a youthful glow. Daily-C is also skincare!

# THE SANTÉ NUTRIPAIR HABIT

There is a saying that goes “habits determine one’s future”—and even the small habits matter! Nowadays, healthy habits are a must and we challenge you to embrace THE SANTÉ NUTRIPAIR HABIT with our power duo—Santé Barley + Daily-C!

## TRY IT FOR SEVEN DAYS—AND TURN THE SANTÉ NUTRIPAIR HABIT INTO A LIFESTYLE!

### DAY 1 – JUMPSTART A HEALTHY HABIT

First thing in the morning, fix yourself a glass of Santé Barley and drink it with two capsules of Daily-C.

Pair this with a healthy activity like a 30-minute workout at home. Start with a 5-minute stretching and warm-up and follow it with a 20-minute cardio workout (jumping jacks, lunges, burpees, high kicks, etc.) then finish off with a nice cool down.

#### TRIVIA

Did you know that Santé Barley has nutrients such as ZINC? Zinc helps keep your immune system strong. Studies also show that zinc paired with Vitamin C such as Daily-C play important roles in providing adequate nutrition and immune defense.

### DAY 2 – IT’S ALWAYS GREAT TO HYDRATE

Start your morning with a cool glass of water. And before getting into your daily grind, fix yourself a glass of Santé Barley and two capsules of Daily-C.

Pair this with proper hydration. Have you been drinking enough water or hydrating enough? Keep track of your hydration habits during the day and make sure you drink 2.7 – 3.7 liters of water a day. Your urine color is also a good indicator of how well hydrated you are. When you’re properly hydrated, it will range from light yellow to fully clear.

#### TRIVIA

Daily-C is high in alkaline which makes this Sodium Ascorbate non-acidic and prevents stomach irritation. Perfect for people who are prone to hyperacidity. Its capsules are also convenient and easy to swallow!

### DAY 3 – START YOUR DAY OUTSIDE

It’s good to allow yourself a little fresh air and sunshine in the morning. Before you take a little walk outside, make sure you first get your health fix—two capsules of Daily-C with a glass of Santé Barley.

Pair this with an outdoors activity that will surely give your day a boost of energy. Go for a solo-jog for 10-20 minutes and enjoy the change of scenery. Also, of course, make sure you keep yourself safe from catching any virus!

#### TRIVIA

Did you know that the soil where our Santé Barley grass is grown, harvested and processed is certified organic by BioGro New Zealand? The BioGro logo is the most recognized organic logo in New Zealand—the mark of a genuine organic product! Santé Barley consists of nutrients such as Zinc, magnesium, calcium, vitamins and so much more!

### DAY 4 – TAKE A BREATHER

The moment you wake up, fix your bed and grab yourself a glass of Santé Barley and drink it with two capsules of Daily-C.

Pair this with an activity that helps keep your mental health in shape. Put your gadgets away and allow yourself a 15-minute breather to meditate, pray or enjoy your morning cup of coffee without thinking of work or being carried away by social media.

#### TRIVIA

Did you know that Daily-C is vitamin C (or sodium ascorbate) necessary for the development, growth, and repair of every body tissues? Vitamin C helps combat respiratory infections and proper functioning of the immune system.

### DAY 5 – EXCHANGE FOR A CHANGE

Drastic lifestyle changes can be very intimidating and somehow unsustainable. It’s always a good choice to start small. Make gradual health switches and start with one today—either you switch from sugar to stevia, or switch from white rice to brown rice, or switch from powdered juice to freshly-squeezed juice, or anything that floats your boat. Make sure to pair this with the Santé NutriPair—a glass of Santé Barley and drink it with two capsules of Daily-C.

#### TRIVIA

Did you know that Vitamin C in Daily-C improves the absorption of iron, the type of iron found in plant or leafy foods such as barley grass? Taking your daily dose of Daily-C can help boost iron absorption which is important to help provide oxygen to your body’s muscles!



## DAY 6 – VEGETABLE ON YOUR TABLE

Fix yourself your daily dose of the Santé NutriPair (a glass of Santé Barley and drink it with two capsules of Daily-C).

Pair this with cooking a delicious vegetable side dish for lunch. Buttered veggies would make a good pair with a nice juicy steak—just a suggestion!

### NutriPair TRIVIA

Barley contains all the eight (8) essential amino acids. What are the eight and why are they called essential?

The 8 essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

Nutritionally essential or indispensable, amino acids cannot be made by the human body and must be obtained by food. These amino acids are not optional, as a lack of sufficient bioavailability has adverse health effects. In 1930s, the essentiality of eight amino acids was established.

## DAY 7 – EMBRACE THE CHANGE

Congratulations! By this time, I'm sure you've already mastered the Santé NutriPair Habit!

Celebrate with a food or drink that makes you happy. Of course, for most of us, it's inevitable that we treat ourselves to food that isn't necessarily healthy—a little junk food, a little fast food every now and then or sometimes we find ourselves craving for sweet desserts.

It's better to treat yourself in moderation occasionally than to completely deprive yourself and find yourself overindulging on it later on. But when you do, make sure you detoxify and cleanse!

### NutriPair TRIVIA

Did you know that Santé Barley is rich in antioxidants and fiber that it can help clean up your insides such as your colon and liver? Cleanse and detoxify your body by drinking Santé Barley regularly, as it contains chlorophyll and beta-carotene — two important nutrients that help detoxify the liver to keep it healthy, functioning, and clean. Live healthy and be healthy all the time with Santé Barley.



"Transitioning into a new lifestyle takes time and determination. But, living a healthy lifestyle is easier when you are with people as determined as you are to make it a habit. In Santé, we want to share the green life through our NutriPair packs and show them they are not alone in this venture."  
— Joey Marcelo, CEO of Santé

"Santé NutriPair helped develop a healthy daily habit and now, my body is thanking me for it!" — Patricia

"My health and immune system is always in tip-top shape with my daily dose of Santé NutriPair. I haven't gotten the common colds since I did this everyday!" — Jenriel

"I can't imagine a day without the Santé NutriPair. It's become part of my daily routine already." — Charmaine

"Peanut butter and jelly, burger and fries, cookies and milk, Santé Barley and Daily-C—the best things in life really does come in pairs." — Franchesca

"I can now be assured of my family's extra boost of health as everyone at home takes the Santé NutriPair on a daily basis!" — Nhorren

"I don't usually eat on time or eat right because of my busy schedule but I can supplement my diet with Santé NutriPair and I am assured that my body gets the nutrients it needs!" — Arlyn



# 4 WAYS YOU CAN SHARE THE SANTÉ NUTRIPAIR HABIT WITHIN & BEYOND YOUR CIRCLE

Sharing is truly caring. Turning the Santé NutriPair habit into a lifestyle can do wonders to your health and body as it helps boost your immune system and keep your health in tip-top shape.

And it's always a good deed to pay it forward. Here are ways you can spread the goodness of this power pair to your circle, such as your family, your friends and the people around you!

- 1 START WITH YOUR HOUSE**  
Make sure you encourage everyone in your home to do the Santé NutriPair habit daily. They may tend to forget to do it daily so for the first days, make the effort to fix them a glass of Santé Barley glass and two capsules of Daily-C and bring it wherever they are. Do it everyday until you see them doing it on their own!
- 2 PASS IT ON!**  
Once the people in your household is finally onboard with the Santé NutriPair Habit, encourage them to share it with their own friends and officemates!
- 3 SHARE SAMPLES**  
For the people outside of your household that you genuinely care about, give out a few samples of Santé Barley and Daily-C for them to try. Most of the time, it only takes one try for them to believe it!
- 4 PASS IT ON!**  
There are many ways you can share the Santé NutriPair habit on social media. One, you could document your seven-day NutriPair journey with the healthy activities via photos or videos and post it with the daily trivias as caption. Use the hashtags #TheSanteNutriPairHabit #SanteNutriPair so we can see your journey too!

You can also re-share or re-post Santé's NutriPair posts on Facebook. We will be sharing about the products, its benefits and how it can help you boost your immune system.

## SANTÉ'S HEALTHY PLEASURES

These are your favourite comfort treats—but with a twist, now, made healthier with Santé Barley. Try out these easy-to-cook savoury recipes and sweet desserts that will surely bring out the fun and delicious side of 'healthy'!



### Barley Pesto Pasta

Think beyond Pesto: Add Santé Barley! Toss the subtly sweet and earthy barley flavour to a plate of herby salty pesto. If you want to whip up an extra special treat for yourself or for your family, the Barley Pesto Pasta is sure to delight the palate!

#### INGREDIENTS

*For the homemade barley pesto sauce*

- 2 cups of fresh basil leaves
- 1/4 cup olive oil
- 1 clove garlic, whole
- 1 clove garlic, sliced
- 1/4 cup pine nuts, optional (alternatives can be walnuts, pistachios, almonds, and even sunflower seeds)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 sachet Santé Barley Powder

*For the pasta*

- 1/2 cup pasta of your choice (preferably fusilli, penne, angel hair, fettucine or spaghetti)
- 3 tbsp barley pesto sauce
- 2 tbsp olive oil
- 5 pieces of sundried tomato
- 1/2 cup Parmesan cheese

#### STEPS

1. Place the fresh basil, olive oil, whole clove of garlic, nuts, parmesan cheese, salt, black pepper, and Santé Barley in a food processor and blend until smooth.
2. Cook pasta in a large pot of boiling water according to the package instructions or until it reached its doneness.
3. Meanwhile, heat the oil in a frying pan over medium low heat. Add the tomato and garlic, and sauté for two (2) minutes. Turn off the heat.
4. Transfer the pasta (no water) into the pan using kitchen tongs. Add the pesto and 1/4 cup of pasta water. Toss to coat pasta in pesto.
5. Taste, add more salt and pepper if desired. Garnish with fresh Parmesan.
6. Serve while hot and enjoy!





## Tropical Summer Delight

For a healthy but refreshing drink, you can try the Tropical Summer Delight. This drink is perfect not just for the summer season but for throughout the year – especially on days when the sun feels hotter and you crave for an icy sweet drink to keep you feeling cool.

### INGREDIENTS

- 1 cup dairy milk or almond milk
- 1 cup frozen pineapples
- 1 teaspoon shredded coconut
- ½ cup frozen strawberries
- 1 sachet of Santé Barley Powder
- Optional: stevia powder

### STEPS

1. Cut up the fruits into smaller pieces for easier blending.
2. Combine milk, pineapples, shredded coconut, strawberries, and barley grass powder in a blender.
3. Mix for 30 seconds or until well incorporated.
4. Add stevia powder if preferred and blend again.
5. Serve with ice for a refreshing drink. Enjoy!



## Barley Banana Ice Cream

Take your tastebuds to new levels of flavours. Let the sweetness of a ripe banana blend smoothly with a earthy concoction that is Santé Barley in this cool, refreshing and icy treat that's always perfect for hotter days throughout the year!

### INGREDIENTS

- 2 frozen, ripe bananas
- 1 sachet of Santé Barley Powder
- 2 teaspoons of condensed milk
- 1 teaspoon of chocolate chips (optional)
- 1 teaspoon granola (optional)

### STEPS

1. Add the frozen bananas, Santé Barley and condensed milk to a blender.
2. Blend until they become smooth and creamy.
3. Transfer to a tub or deep container with lid and freeze overnight.
4. Scoop and top it off with chocolate chips and granola for extra flare. Serve and enjoy!



## Barley Breakfast Waffles

Tired of eating the same old thing for breakfast? Whip up this delicious, healthy and easy-to-make waffle recipe for a change!

### INGREDIENTS

- 2 cups all-purpose flour
- 1/4 cup granulated sugar or stevia
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 3/4 cups milk
- 1/4 cup butter
- 2 teaspoons pure vanilla extract
- 1 large egg
- 2 sachets of Santé Barley Powder

### STEPS

1. Combine flour, sugar or stevia, baking soda, baking powder, salt, and Santé Barley in a large bowl. Mix dry ingredients well.
2. Combine milk, cooled butter, vanilla extract, and egg in a separate bowl. Mix well using a whisk and gradually pour into dry ingredients. Fold together until smooth.
3. Heat your waffle maker or a non-stick skillet under low to medium heat.
4. Slowly pour batter from the center to ensure an even distribution.
5. Close the waffle maker and keep sealed until less steam is emitted by the batter. Dislodge using a knife once cooked.
6. Serve plain or with syrup or honey. Best served with coffee and eggs on the side. Enjoy!



# GET YOURSELF THE SANTÉ NutriPair AND JUMPSTART A HEALTHY HABIT

There are two ways you can purchase  
The Santé NutriPair Set

## ORDER ONLINE

Head over to  
mysantestore.com to  
shop or download the  
My Santé Store app\* on  
Google Play or App  
Store.



For Android



For iOS

*\*Applicable to Santé Business  
Owners only*

## ORDER FROM THE NEAREST BRANCH

Purchase from your  
preferred Global Branch,  
inquire and order from the  
following:

### SANTÉ HONG KONG

Room 903, 9th Floor, Peter  
Building, 58-62 Queen's Road  
Central, Hong Kong  
+85223116019 / +85223116007

### SANTÉ SINGAPORE

545 Orchard Road #04-11A,  
Far East Shopping Centre,  
Singapore 238882  
7777472 / 821-800-41

### SANTÉ UAE

Office 808 Al Moosa Tower-1, Plot  
No. DM P-335-128 Trade Centre  
First, Shiekh Zayed Road, P.O. Box  
29349, Dubai, UAE  
+97143209726 / +971503175141

**Stock up on The Santé NutriPair NOW!**

Looking for ways to break the ice?  
Want to widen your reach and understand  
your customers?  
Worry no more because we got you covered!  
Santé is here to do the ground work for you!

Sign up for  
**A TASTE OF NEW ZEALAND**  
and become a Tryout Partner!

🔍 | [atonz.santebarley.com](https://atonz.santebarley.com)

# SANTÉ NutriPair

#PassTheVitamins





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