



COLD-PRESSED JUICE BAR — JUICING GUIDE —



No added water, no added sugar, no additives, 100% real fruits & vegetables.

Your family & neighbourhood's drink of choice.

A guide to support your juicing journey. Let's stay healthy.



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Your family & neighbourhood's drink of choice.



SAYANG FRESH

COLD PRESSED JUICE BAR

Sayang Asniessa Enterprise is a Kuala Lumpur based F&B business operating both online and offline under the brand Sayang Fresh. We specialise in on-site, made-to-order cold-pressed juices made only from fresh fruits, vegetables, and selected herbs, with MD2 pineapple as our hero product.



Sayang Fresh
Sayang Asniessa Enterprise
202303014579 (003460357-K)

Location: Gombak, KL
Operating Hours : 9:00am - 11:30pm
Delivery : KL & Selangor

OUR MISSION

“
TO BUILD MALAYSIA'S MOST HEALTHY
AND AFFORDABLE JUICE BRAND FOR
EVERYDAY MALAYSIAN FAMILY AND
NEIGHBOURHOOD

”

**All crew are up to date with typhoid
vaccination and hold a valid Food Handling
Certificate (Sijil Pengendalian Makanan).*

Why?

COLD-PRESSED JUICES

"Cold-pressed juice keeps more goodness compared to ordinary juicers that use heat and fast blades."

Kuvings Malaysia

The Goodness

- Made from real fruits & vegetables
- Retains more natural nutrients
- No heat, so vitamins stay fresh
- Easier for your body to absorb
- Stays fresh longer in the fridge



Kuvings: Protecting Health with Technology and Innovation

Technology and Innovation

For more than 40 years, we have been developing innovative technologies to create products that are useful, healthy, and easy to use for the benefit of consumers.

Source : Kuvings Malaysia

"Small habit.
Big difference."

*Love,
Sayang Fresh*

Comparison

DAILY JUICES VS SHOTS



Daily Juices

For everyday drinking

- Bigger serving size
- Made for hydration & daily nutrients
- Gentle, balanced, easy to enjoy anytime
- Best as a meal companion or daily habit

300ml per serving

Drink & enjoy!



Shots

For targeted benefits

- Small but concentrated
- Focused nutrients in one quick shot
- Designed for specific needs (immunity, detox, skin, energy)
- Best taken once a day

60ml per serving

Quick boost!

Selected FRUITS & VEGE



MD2 Pineapple

MD2 is a premium hybrid pineapple developed through an international breeding program and later commercialised, now widely grown in Malaysia and supported by Lembaga Perindustrian Nanas Malaysia

Bentong Ginger

Bentong Ginger is a premium Malaysian ginger grown in Bentong, Pahang, prized for its strong aroma and bold heat, and widely used in wellness drinks and shots across Malaysia.

5 DAYS *Package*

Consumption Guide:
1 daily juice + 1 wellness shot per day for 5 days.



Hydration & Glowing

Goal:
Hydration + glowing skin support

Price:
RM93

**excluding packaging fee & delivery fee*

Day	Shot (60ml)	Juice (300ml)
1	Retinol	Hydra Splash
2	Immunity	Glowing Juice
3	Retinol	Delima Orange
4	Immunity	Hydra Splash
5	Retinol	Glowing Juice

Immunity Package

Goal:
Daily immune support

Price:
RM90

**excluding packaging fee & delivery fee*

Day	Shot (60ml)	Juice (300ml)
1	Immunity	Valencia Orange
2	Detox	Tropical Defense
3	Immunity	MD2 Pineapple
4	Detox	Valencia Orange
5	Immunity	Delima Orange

Detox Package

Goal:
Gut clean-feel +
"lighter" body feel

Price:
RM88

**excluding packaging fee & delivery fee*

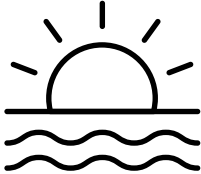
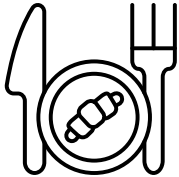
Day	Shot (60ml)	Juice (300ml)
1	Detox	Glowing Juice
2	Beet Citrus	Hydra Splash
3	Detox	MD2 Pineapple
4	Beet Citrus	Glowing Juice
5	Detox	Hydra Splash

These are our 3 most common wellness focuses.
If you have a different goal, just let us know. We are happy to suggest a suitable plan.

Disclaimer:

***If you are pregnant, have gastric/GERD, diabetes, kidney conditions, are on medication, or have any other health concerns, please consult your doctor first before starting any juice/shot routine.
If you feel any discomfort, stop and seek medical advice.***

Consumption GUIDE

TIME	NOTES
 MORNING (AFTER LIGHT BREAKFAST)	If you're sensitive to sour flavours/ginger, take it after breakfast.
 BEFORE EXERCISE (30-60 MINS BEFORE)	Keep it light so you don't feel heavy during workout.
 AFTER EXERCISE (30-60 MINS AFTER)	Best for refresh + "recharge" feeling.
 AFTER LUNCH (1-2 HOURS AFTER)	Good time to support a lighter feel.
 BEFORE SLEEP (2 HOURS BEFORE)	Avoid strong ginger/lemon late night if you get reflux.

Storing YOUR JUICE

"Small habit.
Big difference."

*Love,
Sayang Fresh*

- Keep chilled immediately after receiving (don't leave at room temp).
- Store in the coldest part of the fridge (back area / top shelf), not the door.
- Do not freeze (glass bottle may crack + juice texture changes).
- Shake before drinking, natural separation is normal.
- Best consumed fresh: same day or within **3-5** days if kept cold and unopened.
- After opening: finish within **24 hours**.



Recycling PROGRAMME



 **RETURN 10 BOTTLES = 1 FREE JUICE** 

*RETURN YOUR EMPTY BOTTLES TO US
LET'S SAVE THE EARTH TOGETHER.*

Collaboration

Sayang Fresh welcomes opportunities to collaborate with event organisers, corporate partners, landlords, and community stakeholders who value quality of healthy beverages.

For enquiries related to event participation, weddings bookings, corporate bookings, partnerships, or general business discussions, please contact:

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