



Provides the essential Vitamin C and 7 types
of Color Food in Mango Flavor

ATOMY COLOR FOOD VITAMIN C

2g x 90 packets (1 Stick per Day)

Color Food

Plant Nutrient in Color Food : Phytochemicals

- Chemical compounds that occur naturally in plants to protect themselves from harmful insects and UV radiation
- Pigments lycopene and anthocyanin for the red hues, chlorophyll for the green hues and carotene for the yellow hues in plants
- One of 7 essential nutrients following water, probiotics, minerals, carbohydrates, proteins and fats



'Five a day Campaign'

Dietary Improvement Campaign for intake of at least 5 fruits/vegetables per day

5 Representative Color Foods

White

Garlic
Onion
Pear

Black

Black bean
Dried seaweed
Black sesame

Green

Broccoli
Mugwort
Sesame

Red

Strawberry
Pomegranate
Tomato

Yellow

Mango, Tangerine
Pumpkin
Phellinus linteus
Turmeric

Atomy Color Food Vitamin C

Vitamin C



7 Types of Color Food

Yellow food



Mango Tangerine Pumpkin Phellinus Linteus Tumeric

Red food



Strawberry Pomegranate

Atomy Color Food Vitamin C

500mg of Vitamin C and 7 types of Color Food in one stick per day!



Mango Flavor Vitamin C 500mg

2g x 90 packets (3 months dosage)

1 Stick per Day

Atomy Color Food Vitamin C

Vitamin C

Why is Vitamin C Essential?

Unlike plants and most animals, humans are not able to produce Vitamin C, therefore, Vitamin C must be consumed in the form of food.

- ❑ Main source of Vitamin C is fresh vegetables and fruits, but Vitamin C is easily destroyed when cooked.
- ❑ It is reported that Vitamin C we consume from food and supplements are very similar.
- ❑ Vitamin C, a water soluble nutrient, is absorbed by the body and any excess is lost through urine

Vitamin C Functions (Certified by Food and Drug Administration)



Maintain Connective
Tissue Formation
Function



Helps Iron
Absorption



Protects
Cells from Free
Radical

