

1st
Natural
Menstrual Care
Product

巧克力经喜™
ChocoMarvel

That time of the month? Let's drink to comfort!

The start of menstruation is a momentous event in a girl's life. Some girls greet those drops of blood with joy or relief, while others feel bothered by the discomforting pain each time they menstruate. Whatever the reaction is, the facts don't change; Menstruation is here to stay.

Every woman is bound to experience a variety of sensations before or during their menses, though some may experience it more often. Studies reveal that almost 80% of women suffer from the effects of menstrual discomforts. Common complaints include abdominal pain, backache, pain in the inner thighs, bloating, nausea, diarrhoea, constipation, headaches, breast tenderness, irritability and mood changes.

On top of that, if you feel lethargic and weak during menstruation, these are signs of iron deficiency. During a woman's years of menstruation, iron is a huge nutritional concern. On average, a woman can lose up to 50% of their daily requirement of iron during each menstrual cycle.

Since menstruating is inevitable, wouldn't it be good to transform this uncomfortable period when you are pain-stricken and restricted in your daily activities to a more pleasant monthly affair? Natural health supplements can be ideal to solving your problems.

Contains
**Plant
Extracts**

ChocoMarvel™ is a revolutionary product that differs from traditional menstrual relief; it combines a rich chocolate drink with natural plant extracts that are targeted to help ladies manage the various symptoms and discomforts during menstruation. Stay energetic and fresh throughout the day with ChocoMarvel™, your natural menstrual relief that allow you to drink to your comfort, delighting you every month!

Functions of ChocoMarvel™:

- Promotes blood circulation and aids in relief of menstrual pain
- Helps replenish iron loss during menstruation
- Helps relieve bloating, tension and discomfort
- Helps improve facial complexion
- Helps maintain hormone levels and reduce irritability and depression

Why ChocoMarvel™?

- Rich chocolate taste makes it enjoyable to consume
- Derived from 100% natural ingredients
- Suitable for long term consumption
- Low fat suit to weight watchers

ChocoMarvel™ Health Tips:

- Doing light exercise will improve blood and oxygen circulation throughout the body, including the pelvis
- Avoid refined sugars, milk, and fatty foods when menstruating
- Eating more fresh vegetables and whole grains can aids in relieving of constipation or indigestion when menstruating
- Avoid cold food and beverages when menstruating
- Avoid caffeine to prevent constriction of blood vessels and increased tension
- Meditate or get a massage to help your body relax
- Breathe deeply, relax, notice where you hold tension in your body & let it go



Ingredients:

Chasteberry Extract, Angelica Extract, Ginger Extract, L-Theanine, Black Sugar, Iron, Vitamin B Complex, Cocoa.

Preparation:

Mix contents with 150ml of hot water (80 °C). Take one sachet, once to twice daily. ChocoMarvel™ can be taken before or during menstruation to help manage symptoms associated with discomfort during menstruation.

Made in Singapore

ChocoMarvel™ is developed and distributed by Hi-Beau International Pte Ltd
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