

# ABOUT LEADER SERIES

Working people spend at work almost two thirds of their lives. The majority of health issues also occur at work. It is crucial for employers to prioritize the health and well-being of their employees by providing a safe and healthy work environment. Implementing wellness programs and promoting work-life balance can help reduce the risk of health issues in the workplace.

One of the tools to improve the health of working people is the implementation of dietary supplements in their daily routine. Dietary supplements can help fill in nutritional gaps and support overall health, leading to increased productivity and reduced absenteeism. Employers should consider incorporating education on the benefits of dietary supplements as part of their wellness initiatives to further support the well-being of their employees.

LEADER is a line of dietary supplements developed for office people. These supplements are specifically designed to eliminate the main problems of people during long working hours.

With a unique blend of vitamins, minerals, and herbs, LEADER supplements aim to improve overall health and well-being, promoting productivity and focus throughout the workday. Each supplement is carefully formulated to target specific issues commonly faced by office workers, providing a convenient solution for maintaining optimal health in a busy lifestyle.

## **LEADER LD1**

is designed to help with back pain, poor blood circulation at limbs, and excessive weight.

## **Leader LD2**

is designed to improve brain performance and eliminate fatigue.

## **LEADER LD3**

is designed to help with eye problems associated with the usage of computers.

## **Leader LD4**

is designed to control nervousness, irritability, and insomnia.

These supplements are a convenient and effective way to support the body's needs during demanding work hours, ensuring performance at its best. Incorporating LEADER supplements into the daily routine can help you feel more energized, focused, and balanced.

**STRONG COMPANY REQUIRES  
STRONG PEOPLE**



# LEADER LD 1

**MAIN APPLICATION:** to reduce pain from prolonged sitting at work, maintain joint mobility, improve blood circulation in the limbs and prevent accumulation of fat deposits.

## Active ingredients:

- Nano-liposomal: curcumin, gingerol, iron-III, niacin (vitamin B3) and vitamin C
- Phytosomal: gotu kola extract, pine bark extract, piperine

**Curcumin** is a strong antioxidant that helps protect cells from oxidative stress. Curcumin reduces pain and supports joint comfort and mobility. Additionally, studies have shown that curcumin may also have anti-inflammatory properties, making it beneficial for overall joint health. Its ability to inhibit certain molecules that play a role in inflammation can help reduce swelling and discomfort in the joints.

**Gingerol** may improve blood flow and reduce pain and occasional discomfort from prolonged sitting. It also promotes healthy digestion. Furthermore, ginger has been found to have anti-inflammatory effects similar to curcumin, making it a great natural remedy for joint pain.

**Gotu kola extract** supports healthy blood vessels and promotes circulation. In addition, Gotu kola has been shown to have anti-inflammatory properties, which can help alleviate joint pain and discomfort.

**Iron** is essential for transporting oxygen in the blood. It reduces fatigue and tiredness and supports overall vitality.

**Niacin (vitamin B3)** contributes to normal energy-yielding metabolism and promotes circulation. In addition, niacin has been shown to help lower cholesterol levels and support cardiovascular health.

**Pine bark extract** is rich in proanthocyanidins that support vascular health. It also aids in maintaining healthy blood vessels.

**Piperine** promotes blood circulation, enhances the bioavailability of other nutrients, and aids in digestion.

**Vitamin C** boosts the body's natural defenses and is essential for healthy joints and blood vessels.

## AVAILABLE FORMS

**CAPSULES #00**

## PACKING FORMS

**30 CAPSULES**



# LEADER LD2

**MAIN APPLICATION:** to Improve brain performance, reduce chronic fatigue, and give additional strength to complete tasks.

## Active ingredients:

- Nano-liposomal: bacopa, ginkgo biloba, golden root, vitamin B12, vitamin D3
- Phytosomal: ashwagandha, Korean ginseng
- Nanomicronized: L-carnitine

**Ashwagandha** helps lower stress and anxiety levels and may enhance memory and mental clarity. Ashwagandha is a popular adaptogen that can help support cognitive function and overall well-being.

**Bacopa** protects brain cells from oxidative stress, traditionally used to improve memory retention. Bacopa is also known to have anti-inflammatory properties and may improve focus and concentration.

**Ginkgo biloba** improves blood flow to the brain and may boost concentration and cognitive speed. Ginkgo biloba is also believed to have antioxidant properties that can help protect brain cells from damage.

**Golden root**, also known as Rhodiola rosea, has been shown to improve mood and reduce symptoms of depression and anxiety. Additionally, it may enhance mental performance and overall cognitive function.

**Korean ginseng** increases energy levels, combats tiredness, and supports focus and mental performance. Korean ginseng is a popular supplement for improving mental clarity and alertness.

**L-carnitine** assists in converting fat into energy and supports cognitive function and neural health. It is commonly used to improve their physical and mental performance and reduce fatigue.

**Vitamin B12** maintains healthy nerve cells and function, essential for energy production in the body. It also plays a key role in red blood cell formation and DNA synthesis. Vitamin B12 deficiency can lead to fatigue, weakness, and cognitive impairment.

**Vitamin D3** strengthens the body's natural defenses and supports a positive mood and well-being. Vitamin D3 deficiency has been linked to an increased risk of certain chronic diseases, such as osteoporosis and autoimmune disorders.

## AVAILABLE FORMS

**CAPSULES #00**

## PACKING FORMS

**30 CAPSULES**





# LEADER LD3

**MAIN APPLICATION:** to protect eyes from the negative effects of radiation from computer screens, reduce irritation, and dry eyes.

## Active ingredients:

- Nano-liposomal: coenzyme Q10, resveratrol, vitamin A, zinc
- Phytosomal: bilberry, goji berry
- Nanomicronized: citicoline, taurine

**Bilberry** is rich in anthocyanins that help protect eye tissues from oxidative stress. Bilberry may also help improve circulation to the eyes, which can further enhance eye health and night vision.

**Citicoline** supports the health of optic nerve cells and may enhance mental focus and visual processing. Citicoline is also known to help protect the eyes from age-related vision decline and support overall eye health.

**Coenzyme Q10** aids in energy production within eye cells, protects ocular tissues from free radical damage, improves visual acuity, and support overall eye health.

**Goji berry** contains zeaxanthin and lutein, which support retinal health and also help defend against oxidative stress in the eyes. Goji berry is rich in antioxidants that can help reduce inflammation in the eyes and improve overall eye function.

**Resveratrol** promotes healthy blood flow to ocular tissues and shields eye cells from environmental stressors, supports the production of nitric oxide, which helps maintain healthy blood vessels in the eyes.

**Taurine** is an amino acid important for maintaining the retina. Taurine supports the structural integrity of eye cells, reduces the risk of age-related macular degeneration, and plays a role in protecting the eyes from damage caused by exposure to UV light.

**Vitamin A** is crucial for maintaining normal vision and eye surface health. It helps eyes adjust to changes in light.

**Zinc** facilitates the proper utilization of vitamin A and contributes to the protection of cells from oxidative stress.

## AVAILABLE FORMS

**CAPSULES #00**

## PACKING FORMS

**30 CAPSULES**



# LEADER LD4

**MAIN APPLICATION:** to reduce symptoms of irritability, nervousness, increased levels of nervous tension, as well as sleep disorders.

## Active ingredients:

- Nano-liposomal: GABA (gamma-aminobutyric acid), glycine, magnesium
- Phytosomal: lemon balm
- Nanomicronized: L-theanine, 5-HTP (5-Hydroxytryptophan)

**GABA (gamma-aminobutyric acid)** acts as a calming neurotransmitter in the brain, promoting relaxation. It may help reduce feelings of nervousness, tension, anxiety, and improve overall mood.

**Glycine** acts as an inhibitory neurotransmitter, aiding in relaxation, and is known to support deeper, more restful sleep. Glycine is also involved in the production of serotonin, a neurotransmitter that plays a key role in regulating mood and promoting feelings of well-being. This dual action of glycine can contribute to its overall calming effects on the brain and body.

**Lemon balm** is traditionally used to promote a sense of calm and reduce restlessness. It may help improve sleep by easing nervous tension.

**L-theanine** promotes mental calmness while maintaining alertness. It supports a balanced mood and reduces occasional stress. L-theanine can also improve cognitive function, enhance focus, improve sleep quality, and reduce symptoms of anxiety.

**5-HTP (5-hydroxytryptophan)** is a precursor to serotonin, which influences mood and sleep patterns. It may aid in regulating sleep cycles. 5-HTP supplementation can help improve symptoms of depression and anxiety.

**Magnesium** helps ease muscle tension and supports relaxation. It is an essential mineral that aids in reducing feelings of irritability. Magnesium plays a key role in regulating neurotransmitters in the brain, which can help improve mood and overall mental well-being. Ensuring an adequate intake of magnesium through diet or supplements can have a positive impact on both physical and mental health.

## AVAILABLE FORMS

**CAPSULES #00**

## PACKING FORMS

**30 CAPSULES**